

*where we live*  
**HURST★TEXAS**

FALL/HOLIDAY 2015

Hurst 101

Youth in Government

Christmas Tree Lighting



# where we live

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## City Staff

- Allan Weegar City Manager
- Allan Heindel Deputy City Manager
- Jeff Jones Assistant City Manager
- Clay Caruthers Assistant City Manager
- Ron Haynes Executive Director of Public Works
- Rita Frick City Secretary
- Steve Moore Police Chief
- John Brown Fire Chief
- Matia Messemer Executive Director  
of Human Resources
- Steve Bowden Executive Director  
of Economic Development
- Ashleigh Johnson Managing Director  
of Marketing and Communications



Photos shot by Kara Crane.



## On the Cover

Jonathan and Mandy Culp live in Hurst with their son, Lincoln. They were married in 2005 and bought their first home in Hurst the same year. They have been part of the city since then, enjoying all of the activities Hurst has to offer, especially the annual Christmas Tree Lighting. Lincoln loves playing at the city parks and has been enjoying classes at the Hurst Rec Center since he was 16 months old. Mandy's brother and sister also reside in Hurst, so the Culp family is happy to be living so close to family. We loved getting to know another one of our Hurst families!



## Mayor's Message

As the dog days of summer draw to a close, I've got crisp fall nights and the holidays on my mind. This season is all about family, and we're celebrating that throughout this issue. From our cover photo to our special events and everything in between, we're focused on family fun this fall.

Speaking of family fun events, we're already gearing up for our annual Christmas Tree Lighting, happening at the Hurst Conference Center on page 51. We're also preparing for our fourth Hurst 101 Citizens Academy and 15th Youth In Government class. You can read about both of these dynamic programs on pages 20 and 22. In the recreation section, you'll get all of the details on Campfire Stories, the John Butler Memorial Senior Citizens Banquet and, as mentioned earlier, everything you want to know about our larger-than-ever Christmas Tree Lighting.

Thank you for a fantastic summer season, Hurst! I hope you were able to relax and enjoy time with your family in what I think is the best city in Texas. I hope to see your family at one (or more!) of our many family-friendly and fun for all ages events this holiday season. Happy Holidays, Hurst!

- Mayor Richard Ward

## City Council

**Richard Ward** Mayor  
**Bill McLendon** Mayor Pro Tem  
**David Booe** Council Member  
**Larry Kitchens** Council Member  
**Anna Holzer** Council Member  
**Nancy Welton** Council Member  
**Henry Wilson** Council Member

## The Social Media Connection

### City of Hurst

**WEBSITE:** [www.HurstTX.gov](http://www.HurstTX.gov)  
**FACEBOOK:** [www.Facebook.com/CityofHurstTX](http://www.Facebook.com/CityofHurstTX)  
**TWITTER:** @TheCityofHurst  
**INSTAGRAM:** CityofHurstTX  
**PINTEREST:** [www.Pinterest.com/CityofHurstTX](http://www.Pinterest.com/CityofHurstTX)

### Hurst Public Library

**WEBSITE:** [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)  
**FACEBOOK:** [www.Facebook.com/HurstPublicLibrary](http://www.Facebook.com/HurstPublicLibrary)  
**TWITTER:** @HurstLibrary  
**INSTAGRAM:** HurstPublicLibrary

### Hurst Police Department

**FACEBOOK:** [www.Facebook.com/CityofHurstPD](http://www.Facebook.com/CityofHurstPD)  
**TWITTER:** @HurstPoliceDept

### Hurst Conference Center

**WEBSITE:** [www.HurstCC.com](http://www.HurstCC.com)  
**FACEBOOK:** [www.Facebook.com/HurstCC](http://www.Facebook.com/HurstCC)  
**INSTAGRAM:** HurstConferenceCenter  
**PINTEREST:** [www.Pinterest.com/HurstCC](http://www.Pinterest.com/HurstCC)

### Hurst Recreation Center

**FACEBOOK:** [www.Facebook.com/HurstRecreation](http://www.Facebook.com/HurstRecreation)

### Hurst Fire Department

**TWITTER:** @HurstFireDept

### Other Websites

[www.TransformingHurst.com](http://www.TransformingHurst.com)  
[www.HurstED.com](http://www.HurstED.com)

# Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)



## Ongoing Adult Programs

### Brown Bag Book Club

Bring your lunch and join us at noon the first Thursday of every month for book discussions in the Reading Alcove. Check the library website, Facebook page or call to find out what we're reading!

Noon // 1st Thursday

### The Writer's Club

Meets in the Reading Alcove. For writers of all ages, experience and interests. Published or not. Bring a notebook, pen, your laptop and your imagination and enthusiasm. Come join the fun and creativity.

1:00PM // 2nd & 4th Saturday

### Trinity Writer's Workshop

A local writers group in the DFW metroplex. Meetings typically last about 2 hours, depending on the number of members reading that day.

7:00PM // T



Monday, Wednesday, Friday, Saturday: 10:00AM-6:00PM // Tuesday, Thursday: 10:00AM-9:00PM



## Ongoing Children's Programs

### Babygarten

Babies, Birth to 18 Months, with Caregiver

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817-788-7302.

#### Wednesday Sessions

10:30-11:30AM // W // 10/7-11/11

#### Saturday Sessions

10:30-11:30AM // S // 10/10-11/14

### Chess Club

Elementary School Ages + // 4:00-5:00PM // M

### Story Time

3 - 6 Years // 10:45-11:15AM // T

### Toddler Time

1 - 3 Years // 10:00-10:30AM // M & TH



## Teen Zone

### Chess Club

Elementary - High School // 4:00-5:00PM // M

### Middle School Madness

6<sup>th</sup> - 8<sup>th</sup> Graders

Looking for something to do after school? We have just the program for you! Every week make a craft, play a game, or view something short and sweet!

4:00-5:00PM // TH // 9/3-11/19

### Teen Game Night

6<sup>th</sup> - 12<sup>th</sup> Graders

Wii want you at game night! Bring your own game or play one of ours. The Teen Zone is the place to be!

7:00-8:00PM // 1st Thursday // 9/3-12/3

# Hurst Public Library



## Programs For All Ages

### Boo Books

For All Ages

Treat yourself to a special story time with slightly scary and funny stories. Add to that some mildly spooky activities, and you get an evening of Halloween fun! Costumes are optional but encouraged.

4:00-5:00PM // S // 10/31

### HEB ISD Early Release Friday Movie Matinee

For All Ages

Join us November 13th at 2:00 pm for a new release movie on the big screen. Free popcorn! Please contact the library for the movie title!

2:00PM // F // 11/13

### Make and Take Craft Nights

For All Ages

Come to the library for a fun, free make and take craft! Our youngest library friends will need help from an adult.

6:00-7:00PM // TH // 12/10

### The Book Experience

For All Ages

Family storytime. Get to know books—beyond just listening or reading!

*Distinctly Extinct*  
7:00PM // T // 9/8

*Raining Cats and Dogs*  
7:00PM // T // 10/13

*Food for Thought*  
7:00PM // T // 11/10

*Crazy for the Holidays*  
7:00PM // T // 12/8

### Masterworks at the Library

For All Ages

#### EVENING MasterWorks AT THE LIBRARY

FREE for all ages and open to the public, the MasterWorks Music Series is an ongoing series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

#### Ke Anuenu Polynesian Revue

Part of our Library Showcase "Passport to Paradise" (Outdoor Performance in the library park, please bring lawn chairs and blankets for seating.)

7:00PM // TH // 9/24

#### Russ Dorsey and the Music Makers

Big Band Orchestra  
7:00PM // TH // 10/22

#### Rattletree Marimba

Marimba Authentic Zimbabwean marimba with a twist.

7:00PM // TH // 11/19

#### Fort Worth Concert Bells

Traditional Handbell Choir performing Holiday Music.

7:00PM // TH // 12/17

2:00PM // S // 12/19



## Library Showcase: Passport to Paradise

Escape to the tropics and bring the whole family to the library on September 24 from 5-8 p.m. for an exciting, interactive evening to remember! This island themed event will feature temporary tattoos, a photo booth, light refreshments, an indoor bounce house and an outdoor performance by Ke Anunue Polynesian Revue. Guests are welcome to dress for the occasion!



MOVIES, TV SHOWS, MUSIC, TALKING BOOKS  
A new service from the Hurst Public Library

**HOOPLA – MOVIES, TV SHOWS, MUSIC, TALKING BOOKS** - A NEW SERVICE brought to you by the Hurst Public Library - FREE for downloading 24/7. NO costs or hassles for you. ALL you need: Library Card, internet access, and a device such as a phone or tablet.

FROM Hollywood blockbusters to best selling authors and artists, you're sure to find something you'll enjoy. But it's not just the latest titles - there is also an

extensive list of educational materials, children's titles, foreign films and other content not offered anywhere else.

**EASY TO USE:** The HOOPLA website and mobile apps are easy to use. NO waiting lists. Start **STREAMING** immediately, or **DOWNLOAD** a title to your phone or tablet for offline viewing later. You can return early or rely on **AUTOMATIC RETURNS** so there are **NEVER ANY LATE FEES.**

# Fall into Health

## Seven ways you can feel amazing

Fall is something we look forward to here in North Texas after the long hot days of summer. Here are some great ideas to help you take the most advantage of the fall!

1. Embrace the change—Yes, the days are getting shorter and cooler, but there is so much to love about fall. Look for new activities to do outside in the lower temperatures, new foods coming into season and fall traditions to enjoy with your family.
2. Fresh is still best—Have you tried the fall produce that is abundant this time of year? Apples, pomegranates, pumpkins, squash varieties of all kinds and much more. Choose one new item to try out each week and find your new favorites.
3. Sunshine soother—Taking a moment in your day to get out in the sunshine, even if it is cold, will brighten our mood and impact your vitamin D levels. Experiencing natural light also impacts your mental state. Everyone can benefit from 10-20 minutes of sunlight exposure with or without sunscreen!
4. Breathe—take a moment in your day to close your eyes, calm your muscles and focus on the great parts of this season, like evening time with your family, reading a good book curled up in the warmth, a favorite pair of slippers, gloves or new scarf to wear, the cold crisp air that makes you think of childhood fun and much more.
5. Roasting rules—Fall makes using your oven and grill even more fun with ideas like roasting vegetables & fruit, cooking long and slow for tender and delicious entrées and so much more!
6. Love your skin—As we head into the cooler temperatures, remember your skin. Moisturizing with deeply penetrating items and eating healthy fats will nourish your skin and help prevent scaly skin. Be creative and make your own lotions or moisturizers with coconut oil and essential oils!
7. Find a friend—when the time changes and the temperatures drop it can be tempting to stay inside or skip a workout. Finding a friend, group or accountability partner to workout with can make all the difference to keep you motivated. Knowing someone is waiting on you or that your class will know if you skip can help you get through traffic or wake up in the dark and make it to that workout!

Your city desires to help you reach your health goals this fall too! Have you learned about all the resources and opportunities available to you? Hurst has a fantastic Recreation Center where you can work out, take fun and motivating classes, work with a dietitian and get some input from a trainer to help you get to know your body's specific needs. If you want to try out tennis, visit our quality tennis center. You can take advantage of the miles of free walking trails and parks to get moving. Visit the library and rent a new workout DVD or read the latest on health. So many options are waiting for you to start today!



## Roasted Root Vegetables

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### Ingredients (organic recommended):

- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 pound rutabagas, peeled
- 4 tablespoons olive or coconut oil
- 1 medium red onion, sliced
- 3 garlic cloves, minced
- 2 tablespoon dried thyme
- Kosher salt to taste
- Freshly ground black pepper to taste

### Directions:

Cut carrots, onion, rutabagas and parsnips in half lengthwise and into 2-inch or 3-inch lengths, so all pieces are same thickness. Toss them with 2 Tbsp. oil, season with salt and spread in a single layer on prepared baking sheet. Roast until vegetables begin to brown, 20 to 25 minutes, shaking pan 2 or 3 times during cooking time.

Mix remaining oil, garlic and thyme. Remove baking sheet from oven; drizzle mixture over vegetables and toss. Roast until vegetables are well-browned, 5 minutes more.

**Nutrition Facts:** One serving: 130 Calories; 6 g Fat; 16 g Carbohydrates; 1 g Protein; 4 g Fiber

**Note:** Choose organic ingredients when possible. Nonorganic can have high pesticide residue.

# Senior Center



## Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM-7:00PM // Thursday: 7:00AM-9:00PM

The Hurst Senior Citizens Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.

Fees for the Senior Center are as follows:

- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents - \$80 per membership year. (Equivalent of about \$6.67 per month.)
- These fees include many free classes, programs and activities at the Senior Center, as well as membership to our state-of-the-art fitness room.
- Some classes, programs and activities may require additional fees to cover the cost of supplies, refreshments and/or instructor fees.

## Lunch Program

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The Senior Center offers a weekly meal program called "A Quick Bite". On Tuesdays, for only \$5, you get a cup of the soup of the day, your choice of the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend and stop by the Senior Center for "A Quick Bite"!

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- Meal recipients are encouraged to consume food on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 1 p.m. Lunches not picked up by 1 p.m. must be discarded.



## Donor Board

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Did you know that you can give to the Senior Center Donation Fund? Donations are used to purchase non-budgeted items for the Senior Center. Donations are recognized through the Donor Board located on the east side wall of the building next to the staff offices. A plaque inscribed with your choice of inscription (space limited) will be placed on the board based on the following levels of donation:

- Bronze - \$250
- Silver - \$500
- Gold - \$1,000
- Platinum - \$2,000+

For more information or to make a donation, contact the Senior Center Director Linda Rea at 817-788-7710.

## Regular Programs, Classes, Groups and Activities

### "Need to Knows"

The *Senior Pipeline* is the Senior Center's monthly newsletter and calendar. It is full of information on Senior Center programs and activities. The *Senior Pipeline* is not distributed by postal service. The next month's edition of the *Senior Pipeline* is available after 1 p.m. on the third Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign up. Sign ups begin on the first business day of each month at 8 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

#### Arts & Crafts

- Glass Fusion
- Quilting
- Beading & Glass Jewelry
- Painting and Drawing
- Ceramics

#### Groups

- "The Happy Hatters of Hurst" Friendship Club
- Aircraft & Helicopter Science
- Travel
- Book Club
- Grief Support
- Knot-a-Lot

#### Computer Classes

- Beginning and Intermediate Users, General Overview
- Email
- File Management
- Internet
- Microsoft Word®
- Private Lessons (By Appt. \$5 for 30 minutes.)

#### Fitness Programs

- Zumba™ Gold
- Tai Chi & Yoga
- Fit Start Exercise
- Line Dance, Hawaiian Dance
- Personal Training
- DVD-led group exercise classes

*The Senior Center has many monthly activities. Dances are held on the second and fourth Thursday of every month at 7 p.m. Cost is \$5 at the door, and it's open to the public for ages 55-plus. There are two opportunities for playing FREE bingo each month. Potluck Bingo is always on the first Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the third Wednesday of the month and features great prizes and light refreshments. We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies, so check the Senior Pipeline for details.*

The Senior Center hosts several open activities, and there are no fees or sign-up required. See the *Senior Pipeline* for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Mah-jongg
- Nintendo Wii™ Games
- Dominoes, 42 & Chicken Foot
- Ping-pong
- Canasta
- Billiards

### Ice Cream Social

On June 26, the Senior Center hosted their Annual Ice Cream Social. This popular event just keeps getting bigger and better every year! Over 30 vendors participated, bringing the equivalent of more than 50 gallons of ice cream. Attendees enjoyed sampling a variety of ice cream flavors. Bowls were provided for those that could handle more of their favorite flavor. Door prizes were given away, including a 30 minute massage by therapist David Hyland and two, 30 minute personal training sessions with certified trainers Gerald Campbell and Rosy Pritchett (to work off all that ice cream!) The Ice Cream Social kicked off the Senior Center's Frozen Friday events. Members of the Senior Center enjoyed stopping by for a FREE frozen treat during the months of July and August. A special thank you goes out to all of the sponsors of the Senior Center for keeping the summer cool with their generous donations of ice cream.

### Ladies Lock In

Twenty-seven pajama clad women participated in our first Senior Center Lock In for ladies on May 15. We locked the doors at 7 p.m. and the ladies took advantage of all our facility has to offer. The evening started out with pizza sponsored by Parkwood Retirement Community. Activities included playing blackjack, billiards and ping pong. Several ladies brought their favorite board games and card games to enjoy. A few took advantage of the sewing room and quilted the night away. The evening concluded at midnight with door prizes.

## Senior Center Upcoming Events & Classes

Here are just a FEW of our upcoming special events. (You must be a member to participate. Sign-up and fees may be applicable.)

### Annual Luau & Member Mixer

You are invited to our 6<sup>th</sup> Annual Luau & Member Mixer. Put on your tropical attire and plan to spend the afternoon at the Senior Center enjoying a festive Hawaiian atmosphere, entertainment, food and fun! Catch up with old friends and meet some new ones. Please RSVP by August 14. **FREE!**

1-3 p.m. // 8/21

### Yoda Nidra

Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental processes to a state of stillness and insight. This form of yoga brings incredible calmness, quietness and clarity. Taught by certified E-RYT500 instructor, Reikki Master, and published meditation track author Jackie Lea. \$10/class.

1-2 p.m. // 9/14

### Line Dance Party

Join Barbara Albright & Company for a fun evening of just LINE DANCING. Complimentary refreshments provided. Dance party is open to ALL Seniors 55+. Senior Center membership is not required, so invite your friends to join you. No need to sign up. \$5 per person, payable at the door.

7-9 p.m. // 9/17

### Educate DFW

Come learn about relevant and easy-to-understand information regarding Social Security benefits.

**Topics covered include:**

- how the system works
- common myths and mistakes
- strategies to maximize your benefit
- additional resources
- a customized approach

10 a.m.-11 a.m. // 9/24

### AARP Driver's Safety Program

Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive an insurance discount upon completing the course. Consult your agent for details. AARP membership is not required. \$15 for AARP member and \$20 for non-members. Course fees are due at time of class, and please have exact change or a check. Credit cards are not accepted. Please bring your driver's license. Sign up at the front desk. Space is limited. Instructor: John Chreno

10 a.m.-1:30 p.m. // 9/29

### 4th Annual Craft & Holiday Market

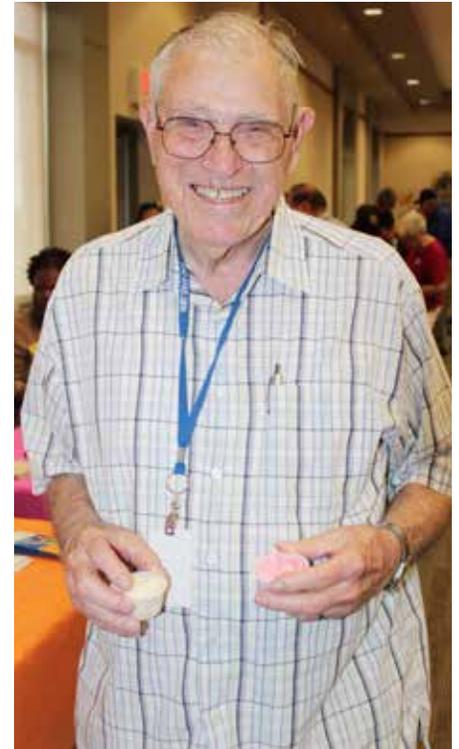
OPEN TO THE PUBLIC OF ALL AGES. Everyone is welcome to tour the Senior Center and pick up some great handmade items, holiday gifts and more. Interested in being an exhibitor? Exhibitor registration begins September 1. Early registration for Senior Center members begins August 24. Contact the Senior Center for more information. Registration forms will available August 3.

9 a.m.-6 p.m. // 10/23

### Open House & Anniversary

Join us as we celebrate our 6th Anniversary. Members—invite your non-member friends and family to come tour our beautiful facility and see what fun and exciting things we have going on here. If you are not a member - come see why you should be! Tours and events offered throughout the day. Join us at 1 p.m. for a cake and punch reception.

7 a.m.-7 p.m. // 11/6



### Thanksgiving Dessert Buffet

Don't miss out on this dessert extravaganza! Desserts are provided by the Senior Center and sponsored by local businesses, but members are invited to contribute as well. If you plan to bring a dessert, please inform the front desk.

2-3 p.m. // 11/20

## Fire Department Open House

Saturday, September 26 from 10 a.m.-2 p.m.

The Hurst Fire Department will host its annual Open House at Fire Station #1 located at 2100 Precinct Line Road. There will be fire truck displays, high-angle demonstrations, free hotdogs, free face painting and other interesting activities for kids and adults alike. Bring the family and spend the afternoon at this free, family-fun event!

## Save the Date!

### 6th Annual Firefighter's Steak Dinner

#### When

Saturday, October 10 from 4 – 8 p.m.

#### Where

Fire Station No. 1 at 2100 Precinct Line Road

#### Cost

\$15 per person

#### Ticket Sales

Begin September 2 at Fire Station No. 1

Come out and enjoy a night of good food and fun and support the firefighters of Hurst! Sponsored by the Hurst Citizens Fire Academy Alumni Association. Funds raised are used to purchase items that are not in the city budget.

## 2016 Ambulance Subscription Service

Applications due by December 31, 2015



Coming back for another year, ambulance subscriptions will be available to Hurst residents. These subscriptions aid citizens with the costs associated with emergency ambulance transportation. Many times insurance companies do not cover the expenses of ambulance usage, forcing individuals to pay hundreds of dollars out of pocket. By paying \$60 dollars annually for an ambulance subscription, you and your family can avoid these expenses. Make sure to sign up between October 1 and December 31.

#### Program Summary:

- \$60 per year covers immediate family members including the applicant, spouse, unmarried children and qualified dependents (as determined by the IRS). Medicaid recipients are not eligible for this subscription.
- The program renews annually, every calendar year.
- No bills for expenses not covered by insurance companies, Medicare or other medical insurance agencies.
- You are covered from January 1 to December 31, one whole year.
- Provides the insurance information necessary to speed the billing process.

For more information, please call 817-788-7238 to speak with the Hurst Fire Department. You can find an application online at [www.hursttx.gov](http://www.hursttx.gov) and mail it to the Hurst Fire Department Ambulance Subscription Service (2100 Precinct Line Road), or you can bring it to the fire station in person Mondays-Fridays.

## Fire Prevention Month

### *Practicing fire safety at home*

October is Fire Prevention Month, and this year's focus is Hear the Beep where you Sleep; Every Bedroom Needs A Working Smoke Alarm.

Additionally, there are a multitude of items you can perform around your house to make it safer from fire. When is the last time you checked or changed the batteries in your smoke detector? It is recommended that you change the batteries twice a year. Have you practiced a fire escape drill with your family? It is recommended that you practice this drill frequently and make sure everyone knows where the meeting place is once you get out of the residence. Properly storing flammable materials away from open flames (like natural gas water heaters) is highly recommended.

For more information, you can visit the Fire Department website on Fire Prevention at [www.hursttx.gov/fireprevention](http://www.hursttx.gov/fireprevention).

## Hurst Community Emergency Response Team

Interested in becoming better prepared for disasters and learning how to help others after a disaster? The Hurst CERT group is teaching another class this fall. Please check the city website [www.hursttx.gov/CERT](http://www.hursttx.gov/CERT) for more details, class start date and times.



## Animal Shelter FACEBOOK PAGE

Losing a pet is hard. You worry about their safety and miss their affection. You search for them, but sometimes they are difficult to find. That's why the City of Hurst has created a Facebook page specifically designed for lost and found pets. Visit the Hurst Animal Services page to see what we're talking about. There you will see many posts about animals who have wandered off. Included in the post is a description of the animals and where they were last seen. Additionally, you can find out about new pets that have been found and are ready for adoption. There are even animal ownership tips and Pet of the Week showcases. By spreading the knowledge of missing and found animals, the city as a whole can help in the return of beloved pets to their owners and can assist in uniting new pets with their forever homes. One dog, Chloe has made a complete turnaround. She was found alone, matted and flea-ridden. With the help of Animal Services, she now has found a loving owner and leads a healthy life. To make this story true for more pets, visit the city website, where you can find forms to fill out for lost animals and for any animals you find that need a home. The Hurst Animal Services Facebook page exists to help animals find their families and to allow people to connect with their four-legged friends. Join 837 others by liking and following this page. You might just find a new, furry friend because you did. For more information, please call 817.788.7216.

[www.Facebook.com/HurstAnimalServices](http://www.Facebook.com/HurstAnimalServices)

## National Night Out

National Night Out will be Tuesday October 6 from 5:30-8 p.m. This is an event for families to meet some of our police officers and firefighters and communicate their support of crime prevention and safety in Hurst. We can't wait to see you there!

### **National Night Out Provides:**

- Informational and educational materials
- Opportunities and assistance to form partnerships focused on minimizing crime, violence and substance abuse in Hurst communities

- Opportunities to build citizen support and participation in drug and crime prevention activities
- The chance to meet your law enforcement officers in a positive, fun environment.

Hot dogs, chips and cookies will be served and there will be entertainment for both children and adults!

## Street Resurfacing

In March of 2015, the Street Division and Tarrant County Precinct #3 staff re-surfaced 2" of asphalt on Hurstview Dr. from Norwood Dr. to Chisolm Trail, on Harwood Dr. from Precinct Line Rd. to west city limits, and on Thousand Oaks from Precinct Line Rd. to Campus Dr. This summer, the Street Division staff re-surfaced the following residential streets: Vicki Place from Mary to Cavender, Post Oak Dr. from Ridgecrest Dr. to Ridgecrest Dr., Post Oak Cir., Oakwood Ave. from Precinct Line to Ridgecrest, Karla from Hurstview to Bedford Eules, Redbud from Ridgecrest to Myrtle, Myrtle Dr. from Cullum to Myrtle Ct., Bowels Dr. from Cullum to Bowels Ct., and Cheryl Ave from Melbourne to Zelda.



## 5th Annual Salute to Our Veterans

**When:** Wednesday, Nov. 11

**Where:** Hurst Conference Center

Taps 'n Tunes Productions will present a FREE USO type show and military exhibits.

For specific times of various events, please call 817-268-0388 or visit [www.tapsntunes.com](http://www.tapsntunes.com) for the schedule. Parking is free, and there is easy access for physically challenged. An elevator is available at a drop off area.

## Heritage Village Presents

Heritage Village Presents is a series of FREE events held at Heritage Village Park in the spring and fall. Heritage Village Park is located in southwest Hurst at 841 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Fall 2015.

For more information about the Heritage Village Presents events, contact the Hurst Public Library at 817-788-7300.

### 4th Annual Salsa & Salsa

This fun family event is back for the fourth year! Bring a lawn chair or blanket and come enjoy an outdoor concert by the salsa band, Havana NRG at 7:00 p.m. Work on your dance moves before the concert with free salsa lessons at 6:00 p.m. While you're enjoying the music of Havana NRG, refresh with a glass of agua fresca provided free of charge by the Hurst Public Library, and check out the Latin food vendors onsite with items for purchase.

6:00PM // TH // 9/3

### Dogtoberfest

Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include a children's area, a vendor marketplace, food sales, obedience and agility demonstrations, and a concert by Bone Doggie. The City of Hurst will be providing free treats for people and dogs!

4:30 - 7:30PM // TH // 10/8

### Movie in the Park

Come enjoy the fall weather with a family movie night in the park! You bring a lawn chair or blanket and a drink, and we'll supply the free popcorn! Look for movie details to come on the city's website and Facebook page.

7:00PM // F // 11/6

## Pollo Tropical

Pollo Tropical opened on July 1 this year, and the City of Hurst is so glad it's here! Boasting a Caribbean/Latin style menu, this new Hurst business has taken off. And it is the perfect place to grab a quick and healthy lunch!

Visit Pollo Tropical to experience a beach-like atmosphere and enjoy a wide variety of grilled Caribbean options. Pollo Tropical's classic chicken started as a simple, grilled, citrus-marinated recipe and has grown to become a top crowd-pleaser. Pollo Tropical promises that all their chicken has never been frozen and that it is free of unnatural hormones and trans-fats, to ensure the best food is served.



Stop in and help this new business out at 1495 Precinct Line Road. The doors are open from 10:30 a.m. to midnight every day of the week. Pollo Tropical is glad to cater as you need them to and they also provide online ordering options. You can visit their website at [www.pollotropical.com](http://www.pollotropical.com) to learn more, place an order or sign up for special offers! Go ahead and give this new Hurst business a try. We promise you will love it!

## Help Keep Our Waterways Clean

The City of Hurst participates in the Regional Stormwater Management Program facilitated by North Central Texas Council of Governments. The program aims to manage stormwater runoff to maximize the utilization of the region's lakes, streams and rivers for drinking water supply, recreation, fish and wildlife habitat and economic opportunity.

Fall is the perfect time to ensure that your gutters and yards are free of debris that could pollute or clog storm drain systems. Debris can block inlets and culverts causing the flow of stormwater to back up.

- Never blow grass or yard clippings or any other materials in the storm drain system.
- Recycle yard waste by mulching or composting.
- Pick up after and bag your pet's waste in your yard and in public spaces.
- If you change your car's oil, don't dump it on the ground or in the storm drain; dispose of it properly at an oil-recycling center.



Can you identify activities that contribute to pollution in your watershed?

# Fiscal Report

# City of Hurst

*Infrastructure improvements, lower property tax, aquatic center signs of good fiscal condition*

The City of Hurst's fiscal condition remains strong as supported by its credit ratings. The city's current credit ratings are as follows: Standard & Poor's AA/Stable and Moody's Aa2. These ratings indicate that the city holds high quality debt obligations with very low credit risk. In a recent report, Moody's stated, "The Aa2 rating reflects the city's healthy fund reserves, conservative budgeting and proximity to the Dallas-Fort Worth Metroplex." Standard & Poor's report includes the following, "We view the city's management conditions as strong with good financial practices." In fiscal years 2010 to 2015, the city reduced its General Fund budget twice, eliminated certain positions outside of Police and Fire operations, lowered employee retirement costs, continued forecasting revenue in a conservative manner and maintained an average annual General Fund budget increase of less than one-percent. Per the city's financial policies, an operating reserve of at least 90-days is maintained. Several layers of strategic planning and financial analysis are performed throughout the year.

Staff reviews all operating and capital costs monthly, an annual audit of the city's financial reports is conducted annually, and city council reviews multi-year financial plans each year. Ongoing financial planning and analysis allows the city to ensure its fiscal condition remains sound for the immediate future and beyond.

## **Budget Process**

The city's annual operating budget is presented to city council for final consideration in September. The final budget is

presented after months of strategic planning, economic forecasting and financial analysis. The budget is formulated in accordance with the city's charter and all state laws governing the process, including truth-in-taxation (TNT) laws related to property taxes. For more information on TNT, please visit the State Comptroller's website at [www.comptroller.texas.gov/tax-info/proptax/tnt](http://www.comptroller.texas.gov/tax-info/proptax/tnt). The city will conduct meetings in the months of July, August and September to prepare its fiscal year 2015-2016 operating budget. Meeting locations, dates and times will be available on the city's website.

## **Funding of Capital Projects**

The city continues to utilize long-term debt for major infrastructure improvements (i.e., facilities, streets, drainage, water and wastewater systems). Equipment and short-term assets or maintenance items are paid for with cash-on-hand or on a pay-as-you-go (paygo) basis. Paygo projects totaled \$28.4 million over the past five years. This strategy provides savings to the city by avoiding additional debt issuance and associated interest costs. The city also lowered interest costs by approximately \$5 million through recent long-term debt refinancing. City staff watches market conditions on an ongoing basis and refinances bonded indebtedness when possible. Refinancing activities are performed only to achieve savings while the number of years to debt payoff remains intact or may be shortened. Since 2009, only two debt issuances were associated with new or expanded programming. In 2012, the city issued \$15.6 million of voter-approved debt to construct a new justice center and related parking. And, in 2014 the city issued \$7.3 million to renovate



## Chisholm Aquatic Center

and update the Chisholm Aquatic Center. No debt was issued in 2010 and \$19.6 million of the city's existing debt was refinanced between 2011 and 2013. In three of the past five years, no new debt was issued as the city followed its conservative budgeting efforts and strategic plans. All debt issuances are carefully planned and approved by city council only after public notification and open meetings are held. The city holds bond elections for any issuance that may impact the city's tax rate. The portion of the city's tax rate allocated to debt costs is 14.5 cents.

The city lowered its property tax rate by  $\frac{1}{4}$  cent last year, and the city's portion of a homeowner's overall tax bill is around 20%. The remaining 80% consists of property taxes paid for services provided by the school district, county, hospital district and community college. On average, a Hurst resident pays approximately \$57 per month in property taxes for city services. Of this amount, \$13 is used to finance capital projects and city infrastructure, and the remaining \$44 supports basic services

including police, fire, public works, neighborhood services, fiscal services, senior services, library services and parks and recreation services. The monthly payment for city services is comparable to a family of four dining out, monthly cell phone services or a round of golf. The city offers over \$400 million in property value exemptions (i.e., homestead, senior and disabled person) resulting in taxpayer savings of \$2.5 million per year. The city also lowered its tax rate nine times between 1992 and 2005, which lowered the city's property tax revenue by \$20 million during this time. Hurst meets national standards when evaluating debt per capita. The city has maintained a quality of life through paygo projects and long-term financing while remaining fiscally sound and credit worthy.

Debt facts and a 20-year debt history chart can be found on the city's Fiscal Services web page. Please go to [www.hursttx.gov](http://www.hursttx.gov) and visit the Fiscal Services Department's page.

## Hurst 101

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Have you ever wondered what exactly goes into running your city? Who makes the budget, and how do they decide where the money goes? How does the Hurst Conference Center function behind the scenes? What does it feel like to be a fire fighter or police officer? If you are interested in learning more about your city or think you may want to get involved, consider joining the city's very own Hurst 101 class. During this class, you will take tours of city facilities and be introduced to city staff alongside like-minded adults. You even have the opportunity to get to know the Hurst City Council!

Please join us for the fourth year of Hurst 101. The class meets nine times between October and March. If you would like to join, please apply at [www.hursttx.gov/hurst101](http://www.hursttx.gov/hurst101) by September 18. If you have any unanswered questions or would like more information, please contact Kara Crane at [kcrane@hursttx.gov](mailto:kcrane@hursttx.gov).



## Watering Restrictions

Thanks to all the rain we've received, Tarrant Regional Water District lifted Stage 1 Drought Restrictions. In spite of this change, watering guidelines in Hurst will remain in effect as a pro-active conservation measure. Residents can water their plants by hand-held hose, drip irrigation, or soaker hose at any time. Irrigation systems and sprinklers may not be used between 10 a.m. and 6 p.m. The current watering schedule is as follows:

**Mondays** - No watering allowed

**Tuesdays and Fridays** - Non-residential sites. Apartments, businesses, parks, common areas

**Wednesdays and Saturdays** - Residential Addresses ending in 0,2,4,6,8 only

**Thursdays and Sundays** - Residential Addresses ending in 1,3,5,7,9 only



**Please remember to avoid overusing water by watering hard surfaces and watering during precipitation and by wasting water through run-off or broken sprinkler heads. For other watering tips, please visit [www.facebook.com/TxLawnWhisperer](http://www.facebook.com/TxLawnWhisperer).**



# Our team has a water saving game plan

**S**aving water takes a game plan, but it doesn't have to be complicated. Take a page from the Team Lawn Whisperer playbook. Our strategies include no watering between 10AM and 6PM, watering twice a week or less, and using the "cycle and soak" method when irrigating to reduce runoff.

Ready to play? Join our team and let's save water. Nothing can replace it.

[SaveNorthTexasWater.com](http://SaveNorthTexasWater.com)

## Volunteers-In-Action

*Get involved in your community*

Are you interested in meeting new people, making use of your talents or gaining a new skill? Do you want to support your community while learning more about City of Hurst operations? Then join the City of Hurst's Volunteers-In-Action program!

Volunteer application packets can be picked up at the Community Services office in the Hurst Public Library or accessed online through the city's website at [www.hursttx.gov](http://www.hursttx.gov). For more information, please contact the Community Services Department at 817-788-7305.

## Youth in Government



### Youth in Government scholarship winners

Are you a high school junior or senior? Are you looking for easy resume-building activities to complete? Are you open to hearing about new possible career paths? If so, you would be a perfect candidate for Youth in Government! Join the Youth in Government students this fall where you'll get a sneak peek behind the scenes of city facilities, meet new people with similar interests and participate in a variety of service projects. Youth in Government is a great opportunity to gain experience and knowledge about your city. You might even earn one of two \$1,000 scholarships! Remember, enrollment is completely free and the program runs from October to May. High school juniors and seniors may apply online at [www.hursttx.gov/yig](http://www.hursttx.gov/yig) before Friday, Sept. 18. For more information, contact Kara Crane at [karacrane@hursttx.gov](mailto:karacrane@hursttx.gov)

## Special Delivery *Retail Guide*

With all the activities you're involved in, it may be helpful to get your hands on a copy of the **Restaurant, Retail, and Business Guide**. This guide lists all the businesses in Hurst, their locations and their phone numbers at no cost to our local industries. By having this handy guide at your fingertips, you can shop locally with ease, benefit local businesses and save time and gas money. Get acquainted with your Hurst businesses through the **Restaurant, Retail, and Business Guide**, and be looking for the newest release! Current information will be posted at [www.hursttx.gov](http://www.hursttx.gov). For any questions, please call 817-788-7025.

## Employee Giving Day 2015

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One of the best ways to make a community better is by giving back to it. Hurst employees work to make the city a better place by participating in Employee Giving Day each year. Since its establishment in 1998, this special day goes on in order to renew the city and care for senior citizens. Employee Giving Day is a chance for the City of Hurst's employees to get outside, paint and repair for a purpose, as they serve their fellow citizens by renovating the older parts of the city and assisting seniors with their home maintenance. Thanks to the supplies and labor contributed by local businesses, their work on individuals' homes increases homeowner pride and helps senior citizens in need. We are excited to be contributing to the quality of our community once again this year.

Residents who need assistance can submit an application to be considered. A city committee will review these applica-



tions and other qualifications to determine need and choose homes to participate in the program. To learn more about how to get involved, please call 817-788-7055 to speak with Michelle Lazo.

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## Good Neighbor Day

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Come out to the Bellaire Shopping Center on October 24 and 31 from 7 a.m.-noon to participate in Hurst's Annual Good Neighbor Cleanup event. Bring your used motor oil, cooking oil, gas, antifreeze, pesticides, herbicides, batteries, computers, electronics, limbs, logs, scrap metal, and pharmaceuticals you have around your house to the shopping center so they can be disposed of properly. We still offer document shredding, so please bring any sensitive items that you've been waiting to safely throw away. Please do not bring any tires, explosives, compressed gas or construction debris, as they will not be accepted.

Latex paint and stains can safely be put in the garbage for disposal at a landfill, as long as the paint is dry or solidified first. Removing the lid and exposing it to the air should dry out small amounts of latex paint. Larger quantities should be solidified by mixing cat litter, saw dust, dirt or shredded paper into the paint. Once the latex paint is hardened or solidified, place the can with the lid off in your garbage container. The garbage hauler needs to see that the paint has been solidified.

Everyone has to clean house, so let the City of Hurst help you. If you have any questions or need more information, please call 817-788-7089 to speak with Hurst Public Works.



# HURST RECREATION CENTER

Get your fitness goals on track at the Hurst Recreation Center with state-of-the-art facilities and recreational activities

Now that the summer has come and gone and the family vacations are complete, you can get back into your regular workout routine at the Hurst Recreation Center. Whether you want to continue your fitness program, get back on track or start a new one altogether, the Hurst Recreation Center can help you meet all of your fitness goals!

Our state-of-the-art Fitness Center has a wide variety of both cardio and strength equipment. If you prefer walking or jogging, come check out our indoor track and never miss a workout because of inclement weather outside. You can also sign up for one of our group fitness classes that are sure to provide you an amazing workout.

If you need a little extra motivation to reach your fitness goals, we have personal trainers who are available to custom-design a fitness plan that will meet your needs. Our Fitness Coordinator is also available for new member orientations to show you the ropes of the Recreation Center!

While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, and play racquetball,

walleyball and table tennis. Equipment used to participate in these activities is available for check out with your "Quality of Life" Rec Card at the front desk of the Recreation Center.

For more information, stop by the Recreation Center or contact our Front Desk at 817-788-7325.

## Our Commitment to Quality

Your satisfaction is our goal... we strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong learning opportunities. If you are not completely satisfied with your recreational experience, please call us at 817-788-7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

## Classes begin the week of September 7

(unless otherwise indicated)



## Hours of Operation

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Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

## Contact Information

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700 Mary Drive  
Hurst, TX 76053

817-788-7325

## Recreation Center Fees

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### Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6-15 Years):  
**\$20 Per Year**

Adult Annual Pass (16-64 Years):  
**\$50 Per Year**

Senior Annual Pass (65+ Years):  
**\$20 Per Year**

Family Annual Pass:  
**\$125 Per Year**

Replacement Card Fee: **\$5**

### Non-Hurst Residents

Daily Pass: **\$10**

Youth Annual Pass (6-15 Years):  
**\$80 Per Year**

Adult Annual Pass (16-64 Years):  
**\$200 Per Year**

Senior Annual Pass (65+ Years):  
**\$80 Per Year**

Replacement Card Fee: **\$5**

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*Help Us Help You!*

## Please Enroll Early

Help us keep your favorite classes around by enrolling early. There is a point when a class must be cancelled due to low enrollment. Help us prevent class cancellations by registering early!

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## 3 Years and Younger Programs

## Awesome Twos

2 Years // Supply fee \$10

Let's get together and play! We will learn our shapes and colors, create crafts and just have a blast playing and learning at the same time!

*Instructor: Dottie Nicholson*

### FALL

18090-A

9:00-9:45AM // M // 8WKS // 9/14 // \$30

### HOLIDAY

19090-A

9:00-9:45AM // M // 5WKS // 11/9 // \$19

## Christmas Mozart with Mom and Dad

18 - 24 Mos // Supply fee \$5

Can you imagine the beautiful Christmas music your 2-year old and their new friends will create with musical instruments? They will dance, skip, march and make musical instruments all for fun!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

### HOLIDAY

19900-A

10:30-11:00AM // W // 5WKS // 11/11 // \$18

## Crazy Daisy Fun with Mom and Dad

18 - 24 Mos // Supply fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

### FALL

18130-A

10:00-10:30AM // W // 8WKS // 9/9 // \$28

## Happy Feet

2 Years

Let's get those feet tapping and those bodies moving! We will have fun with music and movement while working on the development of our gross motor skills.

*Instructor: Dottie Nicholson*

### FALL

18095-A

9:00-9:30AM // F // 8WKS // 9/11 // \$28

### HOLIDAY

19095-A

9:00-9:30AM // F // 5WKS // 11/13 // \$18

## Hot Wheelers

2.5 - 5 Years // Supply fee \$10

Vroom! Vroom! Calling all car enthusiasts for a fun time playing, crafting, stories and games all about cars! One of the projects will be a t-shirt.

*Instructor: Dottie Nicholson*

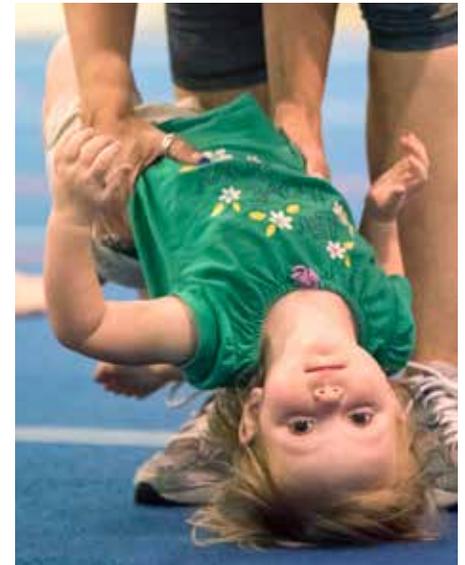
### HOLIDAY

19140-A

10:45-11:30AM // W // 5WKS // 11/11 // \$19

## »»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.



## Little Painters

2 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

*Instructor: Dottie Nicholson*

### FALL

18333-A

10:00-10:30AM // M // 8WKS // 9/14 // \$28

### HOLIDAY

19333-A

10:00-10:30AM // M // 5WKS // 11/9 // \$18

## Little Tyke Soccer

2 - 3 Years // Tennis Shoes Required

GGG000AALLL! You will get your feet running and learn the basics of the world's most popular sport.

*Instructor: Stacie Castillo*

### FALL

18600-A

9:00-9:30AM // F // 8WKS // 9/11 // \$28

### HOLIDAY

19600-A

9:00-9:30AM // F // 5WKS // 11/13 // \$18

3 Years and Younger Programs

### Mom and Me Soccer

1 - 2 Years // Tennis Shoes Required

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOAAAAALLLLL!

Instructor: Stacie Castillo

FALL  
18700-A  
8:30-9:00AM // F // 8WKS // 9/11 // \$28

HOLIDAY  
19700-A  
8:30-9:00AM // F // 5WKS // 11/13 // \$18

### Music Maker – Scarecrow Fun with Mom and Dad

18 - 24 Mos // Supply fee \$5

Music is a proven educator for children of all ages. Come learn how to march, dance, move and groove. Music helps your fine and gross motor skills, direction and spatial concepts. We will make a new instrument each week to take home.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL  
18000-A  
10:30-11:00AM // W // 8WKS // 9/9 // \$28

### Numbers for Little Learners

2 - 3 Years // Supply Fee \$5

Come create fun projects to help with number concepts. Let's learn your numbers and their value.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL  
18123-A  
9:30-10:00AM // W // 8WKS // 9/9 // \$28

HOLIDAY  
19123-A  
9:30-10:00AM // W // 5WKS // 11/11 // \$18



**GYMNASTICS**

### Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling and coordination.

FALL  
Instructor: Tammy Slovensky  
38040-A  
9:30-10:00AM // T // 8WKS // 9/8 // \$28  
38040-B  
9:30-10:00AM // W // 8WKS // 9/9 // \$28  
38040-C  
9:30-10:00AM // TH // 8WKS // 9/10 // \$28  
38040-D  
9:30-10:00AM // F // 8WKS // 9/11 // \$28

Instructor: Miranda Slovensky  
38040-E  
9:30-10:00AM // M // 8WKS // 9/14 // \$28  
38040-F  
5:30-6:00PM // T // 8WKS // 9/8 // \$28  
38040-G  
7:00-7:30PM // TH // 8WKS // 9/10 // \$28

HOLIDAY  
Instructor: Tammy Slovensky  
39040-A  
9:30-10:00AM // T // 5WKS // 11/10 // \$18  
39040-B  
9:30-10:00AM // W // 5WKS // 11/11 // \$18  
39040-C  
9:30-10:00AM // TH // 5WKS // 11/12 // \$18  
39040-D  
9:30-10:00AM // F // 5WKS // 11/13 // \$18

Instructor: Miranda Slovensky  
39040-E  
9:30-10:00AM // M // 5WKS // 11/9 // \$18  
39040-F  
5:30-6:00PM // T // 5WKS // 11/10 // \$18  
39040-G  
7:00-7:30PM // TH // 5WKS // 11/12 // \$18

### »»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

## 3 Years and Younger Programs

## Phonics Fun for Little Learners

2 - 3 Years // Supply fee \$5

Come learn your letters and sounds with fun projects. We will work together to learn our letters.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

### FALL

18045-A

9:00-9:30AM // W // 8WKS // 9/9 // \$28

### HOLIDAY

19045-A

9:00-9:30AM // W // 5WKS // 11/11 // \$18

## Rocking Around the Christmas Tree

2 - 3 Years // Supply fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

### HOLIDAY

19777-A

10:00-10:30AM // W // 5WKS // 11/11 // \$18

## TX Dinosaurs

2.5 - 4 Years // Supply fee \$5 due first class

If your little one "digs" dinos they will enjoy this class that explores the world of dinosaurs through stories, crafts, songs and play.

*Instructor: Dottie Nicholson*

### FALL

18666-A

9:45-10:30AM // F // 8WKS // 9/11 // \$30

### HOLIDAY

19666-A

9:45-10:30AM // F // 5WKS // 11/13 // \$19



### GYMNASTICS

## Tiny Tykes

2.5 - 3.5 Years

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

### FALL

*Instructor: Tammy Slovensky*

38030-A

10:00-10:30AM // T // 8WKS // 9/8 // \$28

38030-B

10:00-10:30AM // W // 8WKS // 9/9 // \$28

38030-C

10:00-10:30AM // TH // 8WKS // 9/10 // \$28

38030-D

11:30-Noon // TH // 8WKS // 9/10 // \$28

38030-E

10:00-10:30AM // F // 8WKS // 9/11 // \$28

*Instructor: Miranda Slovensky*

38030-F

10:00-10:30AM // M // 8WKS // 9/14 // \$28

38030-G

6:00-6:30PM // T // 8WKS // 9/8 // \$28

38030-H

6:30-7:00PM // TH // 8WKS // 9/10 // \$28

### HOLIDAY

*Instructor: Tammy Slovensky*

39030-A

10:00-10:30AM // T // 5WKS // 11/10 // \$18

39030-B

10:00-10:30AM // W // 5WKS // 11/11 // \$18

39030-C

10:00-10:30AM // TH // 5WKS // 11/12 // \$18

39030-D

11:30-Noon // TH // 5WKS // 11/12 // \$18

39030-E

10:00-10:30AM // F // 5WKS // 11/13 // \$18

*Instructor: Miranda Slovensky*

39030-F

10:00-10:30AM // M // 5WKS // 11/9 // \$18

39030-G

6:00-6:30PM // T // 5WKS // 11/10 // \$18

39030-H

6:30-7:00PM // TH // 5WKS // 11/12 // \$18



## 3 Years and Older Programs

### Ballet for Tots

3 - 5 Years // Ballet Shoes Required

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left and other foundational dance concepts.

*Instructor: LaTisha Clay*

FALL  
18180-A  
10:30-11:00AM // F // 8WKS // 9/11 // \$28  
18180-B  
11:30-Noon // F // 8WKS // 9/11 // \$28

### Bugs, Bugs, Bugs

3 - 6 Years // Supply fee \$5

Do you like watching those creepy critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens.

*Instructor: Dottie Nicholson*

HOLIDAY  
19222-A  
9:45-10:30AM // W // 5WKS // 11/11 // \$19

### Christmas and Chemistry

3 - 5 Years // Supply fee \$10

The fun goes together! Come use chemistry to explore Christmas and the holidays. We will have hands on experiments to create special things for Christmas!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

HOLIDAY  
19010-A  
11:20-Noon // TH // 5WKS // 11/12 // \$19

### Claytime Fun

3 - 6 Years // Supply fee \$10

Does your pre-schooler need to work on those fine motor skills? Clay is a great tool for working on those skills while having fun.

*Instructor: Dottie Nicholson*

FALL  
18145-A  
9:45-10:15AM // W // 8WKS // 9/9 // \$28

### Cooking for Fun

3 - 6 Years // Supply fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

*Instructor: Dottie Nicholson*

FALL  
18250-A  
10:45-11:30AM // F // 8WKS // 9/11 // \$30

HOLIDAY  
19250-A  
10:45-11:30AM // F // 5WKS // 11/13 // \$19

### Crazy Daisy Fun

3 - 5 Years // Supply fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18015-A  
9:30-10:15AM // T // 8WKS // 9/8 // \$30



## 3 Years and Older Programs

## Creative Healthy Chef

3 - 5 Years // Supply fee \$5

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch and dinner.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18170-A  
10:30-11:15AM // T // 8WKS // 9/8 // \$30

HOLIDAY  
19170-A  
10:30-11:15AM // T // 5WKS // 11/10 // \$19

## Exploring Our Environment

3 - 5 Years // Supply fee \$10

Students will have hands on activities on how living and non-living things effect our environment.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18010-A  
11:20-Noon // TH // 8WKS // 9/10 // \$30

## Hands on Math

3 - 5 Years // Supply fee \$5

Let's learn numbers the fun way! We will learn to add, subtract and count. We will also use musical instruments to help us have fun while learning!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18205-A  
9:45-10:30AM // M // 8WKS // 9/14 // \$30  
18205-B  
9:45-10:30AM // TH // 8WKS // 9/10 // \$30

HOLIDAY  
19205-A  
9:45-10:30AM // M // 5WKS // 11/9 // \$19  
19205-B  
9:45-10:30AM // TH // 5WKS // 11/12 // \$19

## Let's Paint

3 - 6 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

*Instructor: Dottie Nicholson*

FALL  
18115-A  
10:45-11:15AM // M // 8WKS // 9/14 // \$28

HOLIDAY  
19115-A  
9:00-9:30AM // W // 5WKS // 11/11 // \$18

## Little Tyke Basketball

3 - 5 Years // Tennis shoes required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

*Instructor: Stacie Castillo*

FALL  
18335-A  
10:00-10:30AM // F // 8WKS // 9/11 // \$28

HOLIDAY  
19335-A  
10:00-10:30AM // F // 5WKS // 11/13 // \$18

## Little Tyke Soccer

3 - 5 Years // Tennis shoes required

GGG000AAALLL! You will get your feet running and learn the basics of the world's most popular sport.

FALL  
*Instructor: Stacie Castillo*  
18600-B : 4 - 5 Years  
9:30-10:00AM // F // 8WKS // 9/11 // \$28

*Instructor: Keely Castillo*  
18600-C : 3 - 5 Years  
5:30-6:00PM // W // 8WKS // 9/9 // \$28

HOLIDAY  
*Instructor: Stacie Castillo*  
19600-B : 4 - 5 Years  
9:30-10:00AM // F // 5WKS // 11/13 // \$18

*Instructor: Keely Castillo*  
19600-C : 3 - 5 Years  
5:30-6:00PM // W // 5WKS // 11/11 // \$18

## Monster Mash

3 - 6 Years // Supply fee \$10

Let's get ready for fall! We'll play and learn about different "monsters" through crafts, stories and songs. We'll even have monster treats at the last class!

*Instructor: Dottie Nicholson*

FALL  
18200-A  
9:00-9:30AM // W // 8WKS // 9/9 // \$28

## Movin' Groovin'

3 - 5 Years

Come learn to have fun while moving your body. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions and our manners.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18100-A  
11:30-Noon // T // 8WKS // 9/8 // \$28

HOLIDAY  
19100-A  
11:30-Noon // T // 5WKS // 11/10 // \$18

## Music Maker Christmas Fun

3 - 5 Years // Supply fee \$5

Music is a proven educator for children of all ages. Come learn to march, dance, move and groove. Music helps your fine and gross motor skills, direction and spatial concepts. We will make a new instrument each week to take home.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

HOLIDAY  
19020-A  
11:15-11:45AM // M // 5WKS // 11/9 // \$18

3 Years and Older Programs

**Music Maker Scarecrow Fun**

3 - 5 Years

Music is a proven educator for children of all ages. Come learn to skip, march and dance with music. The children will learn direction and spatial concepts. We will make instruments for fun!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18020-A  
11:15-11:45AM // M // 8WKS // 9/14 // \$28



**Phonics Fun – Step 1**

3 - 5 Years // Supply fee \$5

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL  
18030-A  
9:00-9:45AM // M // 8WKS // 9/14 // \$30  
18030-B  
9:00-9:45AM // TH // 8WKS // 9/10 // \$30

HOLIDAY  
19030-A  
9:00-9:45AM // M // 5WKS // 11/9 // \$19  
19030-B  
9:00-9:45AM // TH // 5WKS // 11/12 // \$19

**Ready for Kindergarten - Prep Program**

4 - 5 Years // Supply Fee \$25

This program is designed to prepare your student for Kindergarten. The program will meet Monday-Thursday from 8:30-2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class is structured like Kindergarten and prepares your child for their big step into formal education. The goal is to help each child develop a love of learning in a safe and caring environment. The children will be exposed to reading, writing, math and science.

Our teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She taught Kindergarten and first grade for nine years in the Dallas/Ft Worth area. However, her true calling is Pre-schoolers, and she began teaching this program in 2011 following the Leap Frog curriculum.

The monthly fee of \$295 is due by the first class of each month. If the fee is not paid by the first class of the month, the child will not be able to participate in class. The class is limited to 12 children and is a school year committent. A \$25 supply fee will be due to the instructor on the first class in August and on the first day of class in January.

18050-A : August  
8:30AM-2:30PM // M-TH // 1WK // 8/24 // \$75

18050-D : November  
8:30AM-2:30PM // M-TH // 4WKS // 11/2 // \$295

18050-B : September  
8:30AM-2:30PM // M-TH // 4WKS // 9/1 // \$295

18050-E : December  
8:30AM-2:30PM // M-TH // 4WKS // 12/1 // \$222

18050-C : October  
8:30AM-2:30PM // M-TH // 4WKS // 10/1 // \$295

## 3 Years and Older Programs

## Phonics Fun – Step 2

3 - 5 Years // Supply fee \$5

Ready for some more phonics? Come take the next step of Phonics Fun and learn some more!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

18035-A

10:30-11:15AM // M // 8WKS // 9/14 // \$30

18035-B

10:30-11:15AM // TH // 8WKS // 9/10 // \$30

HOLIDAY

19035-A

10:30-11:15AM // M // 5WKS // 11/9 // \$19

19035-B

10:30-11:15AM // TH // 5WKS // 11/12 // \$19

## Preschool Athletics

3 - 6 Years // Tennis shoes required

Let's get moving this winter with Athletics! We will follow a typical PE format, including individual skills as well as team interaction.

*Instructor: Tammy Slovensky*

FALL

18300-A

11:30-Noon // W // 8WKS // 9/9 // \$28

HOLIDAY

19300-A

11:30-Noon // W // 5WKS // 11/11 // \$18

## Rocking Around the Christmas Tree

3 - 5 Years // Supply fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

HOLIDAY

19777-B

9:30-10:15AM // T // 5WKS // 11/10 // \$19

## Science Fun

3 - 6 Years // Supply fee \$10

Create some fun experiences using science, and learn more about our earth.

*Instructor: Dottie Nicholson*

FALL

18210-A

11:30-12:15AM // M // 8WKS // 9/14 // \$30

## Super Heroes

3 - 6 Years // Supply fee \$10

Do you have super powers? We will learn what it takes to be a super hero. We will play together and learn through stories, crafts and super hero challenges.

*Instructor: Dottie Nicholson*

FALL

18120-A

10:30-11:15AM // W // 8WKS // 9/9 // \$30

## Tap for Tots

3 - 5 Years // Tap shoes required

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left and other foundational dance concepts.

*Instructor: LaTisha Clay*

FALL

18065-A

11:00-11:30AM // F // 8WKS // 9/11 // \$28

### »»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.





### 3 Years and Older Programs



### Tiny Dancer

3 - 4 Years // Ballet and tap shoes required

Your tiny dancer will learn tap, ballet and rhythmic movements.

*Instructor: Sherri Longino*

FALL  
 18060-A  
 5:15-5:45PM // TH // 8WKS // 9/10 // \$28  
 18060-B  
 9:05-9:35AM // S // 8WKS // 9/12 // \$28

HOLIDAY  
 19060-A  
 5:15-5:45PM // TH // 5WKS // 11/12 // \$18  
 19060-B  
 9:05-9:35AM // S // 5WKS // 11/14 // \$18



### GYMNASTICS

### Tumbling Tots I

3 - 4 Years

Your tot will strengthen motor skills and enhance his/her coordination while learning tumbling skills and the use of all gymnastics equipment.

FALL  
*Instructor: Tammy Slovensky*  
 38011-A  
 10:30-11:00AM // T // 8WKS // 9/8 // \$28  
 38011-B  
 11:30-Noon // T // 8WKS // 9/8 // \$28  
 38011-C  
 10:30-11:00AM // W // 8WKS // 9/9 // \$28  
 38011-D  
 10:30-11:00AM // TH // 8WKS // 9/10 // \$28  
 38011-E  
 10:30-11:00AM // F // 8WKS // 9/11 // \$28  
 38011-F  
 11:30-Noon // F // 8WKS // 9/11 // \$28

*Instructor: Miranda Slovensky*  
 38011-G  
 10:30-11:00AM // M // 8WKS // 9/14 // \$28

*Instructor: Meredith Flint*  
 38011-H  
 5:00-5:30PM // T // 8WKS // 9/8 // \$28  
 38011-I  
 5:00-5:30PM // TH // 8WKS // 9/10 // \$28

### HOLIDAY

*Instructor: Tammy Slovensky*

39011-A  
 10:30-11:00AM // T // 5WKS // 11/10 // \$18  
 39011-B  
 11:30-Noon // T // 5WKS // 11/10 // \$18  
 39011-C  
 10:30-11:00AM // W // 5WKS // 11/11 // \$18  
 39011-D  
 10:30-11:00AM // TH // 5WKS // 11/12 // \$18  
 39011-E  
 10:30-11:00AM // F // 5WKS // 11/13 // \$18  
 39011-F  
 11:30-Noon // F // 5WKS // 11/13 // \$18

*Instructor: Miranda Slovensky*

39011-G  
 10:30-11:00AM // M // 5WKS // 11/9 // \$18  
*Instructor: Meredith Flint*  
 39011-H  
 5:00-5:30PM // T // 5WKS // 11/10 // \$18  
 39011-I  
 5:00-5:30PM // TH // 5WKS // 11/12 // \$18

## 3 Years and Older Programs

## GYMNASTICS

## Tumbling Tots II

4 - 5 Years

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

## FALL

Instructor: Tammy Slovensky

38022-A

11:00-11:30AM // T // 8WKS // 9/8 // \$28

38022-B

11:00-11:30AM // W // 8WKS // 9/9 // \$28

38022-C

11:00-11:30AM // TH // 8WKS // 9/10 // \$28

38022-D

11:00-11:30AM // F // 8WKS // 9/11 // \$28

Instructor: Miranda Slovensky

38022-E

11:00-11:30AM // M // 8WKS // 9/14 // \$28

Instructor: Meredith Flint

38022-F

5:30-6:00PM // T // 8WKS // 9/8 // \$28

38022-G

5:30-6:00PM // TH // 8WKS // 9/10 // \$28

## HOLIDAY

Instructor: Tammy Slovensky

39022-A

11:00-11:30AM // T // 5WKS // 11/10 // \$18

39022-B

11:00-11:30AM // W // 5WKS // 11/11 // \$18

39022-C

11:00-11:30AM // TH // 5WKS // 11/12 // \$18

39022-D

11:00-11:30AM // F // 5WKS // 11/13 // \$18

Instructor: Miranda Slovensky

39022-E

11:00-11:30AM // M // 5WKS // 11/9 // \$18

Instructor: Meredith Flint

39022-F

5:30-6:00PM // T // 5WKS // 11/10 // \$18

39022-G

5:30-6:00PM // TH // 5WKS // 11/12 // \$18

## Winter Crafts

3 - 6 Years // Supply fee \$10

The holidays are a great time for crafting gifts and decorations. We cover all the holidays we can!

Instructor: Dottie Nicholson

## HOLIDAY

19339-A

10:45-11:15AM // M // 5WKS // 11/9 // \$18

## One-Time Preschool Classes

## Harvest Candy Fun

3 - 5 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

## FALL

18999-A

9:00-10:30AM // S // 1DAY // 10/17 // \$15

## Yes, I Can Draw!

3 - 5 Years // Supply fee \$5

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

## FALL

18895-A

9:00-9:30AM // T // 8WKS // 9/8 // \$28

## HOLIDAY

19895-A

9:00-9:30AM // T // 5WKS // 11/10 // \$18

## Christmas Candy Fun

3 - 5 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

## HOLIDAY

19999-A

9:00-10:30AM // S // 1DAY // 12/5 // \$15



Youth Programs



**GYMNASTICS**

**Advanced Beginner Gymnastics**

7 - 12 Years

If you have taken Beginning Gymnastics and have mastered the basics, it's time to move into the more advanced levels.

*Instructor: Meredith Flint*

FALL  
38062-A  
6:00-7:00PM // T // 8WKS // 9/8 // \$32  
38062-B  
6:00-7:00PM // TH // 8WKS // 9/10 // \$32

HOLIDAY  
39062-A  
6:00-7:00PM // T // 5WKS // 11/10 // \$32  
39062-B  
6:00-7:00PM // TH // 5WKS // 11/12 // \$32

**Ballet II**

5 - 8 Years // Ballet slippers required. Must have completed 2 sessions of Ballet and Tap I)

Have you taken Ballet & Tap I, and are you ready to learn more? Here is your chance to take your skills to the next level, focusing on Ballet.

*Instructor: Sherri Longino*

FALL  
28125-A  
10:15-10:45AM // S // 8WKS // 9/12 // \$28

HOLIDAY  
29125-A  
10:15-10:45AM // S // 5WKS // 11/14 // \$18



**Ballet & Tap I**

5 - 8 Years // Ballet, Tap shoes required

You will learn tap, ballet and rhythmic movements.

*Instructor: Sherri Longino*

FALL  
28120-A  
6:15-6:45PM // TH // 8WKS // 9/10 // \$28  
28120-B  
9:40-10:10AM // S // 8WKS // 9/12 // \$28

HOLIDAY  
29120-A  
6:15-6:45PM // TH // 5WKS // 11/12 // \$18  
29120-B  
9:40-10:10AM // S // 5WKS // 11/14 // \$18

**Basketball 101**

7 - 12 Years // Tennis shoes required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

*Instructor: Keely Castillo*

FALL  
28101-A  
6:30-7:00PM // W // 8WKS // 9/9 // \$28

HOLIDAY  
29101-A  
6:30-7:00PM // W // 5WKS // 11/11 // \$18

**GYMNASTICS**

**Beginner Gymnastics**

5 - 10 Years

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars and vault.

FALL  
*Instructor: Miranda Slovensky*  
38051-A  
6:30-7:30PM // T // 8WKS // 9/8 // \$32  
38051-B  
5:30-6:30PM // TH // 8WKS // 9/10 // \$32

*Instructor: Meredith Flint*  
38051-C  
4:00-5:00PM // T // 8WKS // 9/8 // \$32  
38051-D  
4:00-5:00PM // TH // 8WKS // 9/10 // \$32

HOLIDAY  
*Instructor: Miranda Slovensky*  
39051-A  
6:30-7:30PM // T // 5WKS // 11/10 // \$20  
39051-B  
5:30-6:30PM // TH // 5WKS // 11/12 // \$20

*Instructor: Meredith Flint*  
39051-C  
4:00-5:00PM // T // 5WKS // 11/10 // \$20  
39051-D  
4:00-5:00PM // TH // 5WKS // 11/12 // \$20

## Youth Programs

## Christmas & Chemistry

5 - 12 Years // Supply fee \$10

The fun goes together! Come use chemistry to explore Christmas and the holidays. We will have hands on experiments to create special things for Christmas!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

HOLIDAY

29000-A

1:45-2:30PM // M // 5WKS // 11/9 // \$30

## Creative Healthy Chef

5 - 12 Years // Supply fee \$5

Come learn how to create a healthy breakfast, lunch and dinner.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28060-A

10:30-11:15PM // T // 8WKS // 9/8 // \$30

HOLIDAY

29060-A

10:30-11:15PM // T // 5WKS // 11/10 // \$19

## DIY Crafts

7 - 12 Years // Supply fee \$10

Do it yourself crafts from Pinterest. Create a fun craft every week!

*Instructor: Keely Castillo*

FALL

28400-A

5:00-5:30PM // W // 8WKS // 9/9 // \$28

HOLIDAY

29400-A

5:00-5:30PM // W // 5WKS // 11/11 // \$18

## Exploring Our Environment

5 - 12 Years // Supply fee \$10

Students will have hands on activities on how living and non-living things effect our environment.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28000-A

1:45-2:30PM // M // 8WKS // 9/14 // \$30

## Girl's Volleyball Beginners Basics

7 - 12 Years // Tennis shoes required

Do you have an interest in playing volleyball? We will learn the basics to get you started.

*Instructor: Keely Castillo*

FALL

28035-A

7:00-7:30PM // W // 8WKS // 9/9 // \$28

HOLIDAY

29035-A

7:00-7:30PM // W // 5WKS // 11/11 // \$18

## Guitar Prep

5 - 8 Years // 1/2 size guitar and parent participation required

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs.

*Instructor: Jan Ryberg*

FALL

28020-A

3:45-4:30PM // M // 8WKS // 9/14 // \$70

HOLIDAY

29020-A

3:45-4:30PM // M // 5WKS // 11/9 // \$43

## Guitar for Youth

9 - 12 Years // Appropriate size guitar required and parents are welcome to participate

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. *Electronic clip-on tuners are suggested.*

*Instructor: Jan Ryberg*

FALL

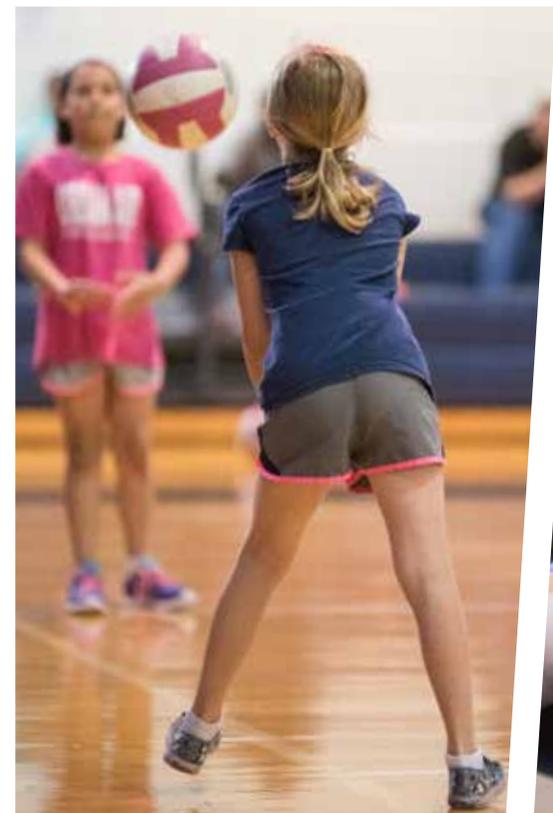
28020-B

4:30-5:15PM // M // 8WKS // 9/14 // \$70

HOLIDAY

29020-B

4:30-5:15PM // M // 5WKS // 11/9 // \$43



Youth Programs

### Hippity-Hop Dance

5 - 8 Years

Interested in hip-hop dance? We will keep it fun and creative while learning basics.

FALL

*Instructor: Sherri Longono*

28333-A

5:45-6:15PM // TH // 8WKS // 9/10 // \$28

HOLIDAY

*Instructor: Sherri Longono*

29333-A

5:45-6:15PM // TH // 5WKS // 11/12 // \$18

### Homeschool Art

5 - 12 Years // Supply fee \$10

Art is all around us. You will learn about different kinds of art, including painting, drawing and sculpting.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28040-A

11:30-12:15PM // W // 8WKS // 9/9 // \$30

HOLIDAY

29040-A

11:30-12:15PM // W // 5WKS // 11/11 // \$19

### Homeschool Arts & Crafts

6 - 12 Years // Supply fee \$10

Create a fall t-shirt and a holiday craft everyone will enjoy!

*Instructor: Dottie Nicholson*

HOLIDAY

29130-A

2:00-2:45PM // T // 5WKS // 11/10 // \$19



### Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

## Youth Programs

## Homeschool Athletics

5 - 12 Years // Tennis shoes required

We will get the blood moving with physical education!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

## FALL

28222-A

1:00-1:45PM // M // 8WKS // 9/14 // \$30

## HOLIDAY

29222-A

1:00-1:45PM // M // 5WKS // 11/9 // \$19

## Homeschool Science Biomes

6 - 12 Years // Supply fee \$10

Study different regions of the world like rainforests, deserts and mountains, lifestyles, flora and fauna.

*Instructor: Dottie Nicholson*

## FALL

28130-A

2:00-2:45PM // T // 8WKS // 9/8 // \$30

## ITF - Tae Kwon Do

5+ Years

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self-defense, self-control, discipline, stress relief, self-esteem and concentration.

*Instructor: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh)*

## FALL

(White &amp; Yellow Belts)

28700-A

9:05-10:05AM // S // 8WKS // 9/12 // \$46

(Advanced Belts)

28700-B

10:05-11:05AM // S // 8WKS // 9/12 // \$46

## HOLIDAY

(White &amp; Yellow Belts)

29700-A

9:05-10:05AM // S // 5WKS // 11/14 // \$29

(Advanced Belts)

29700-B

9:05-10:05AM // S // 5WKS // 11/14 // \$29

## Karate / Self-Defense

5 - 15 Years

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

*Instructor: Bob Klavitter*

## FALL

28111-A : Beginner, 8 - 15 Years

6:00-8:00PM // M // 8WKS // 9/14 // \$40

28111-B : Beginner, 5 - 7 Years :

4:00-5:00PM // MW // 8WKS // 9/9 // \$40

28111-C : Advanced, 8 - 15 Years

5:00-6:00PM // MW // 8WKS // 9/9 // \$40

## HOLIDAY

29111-A : Beginner, 8 - 15 Years

6:00-8:00PM // M // 5WKS // 11/9 // \$20

29111-B : Beginner, 5 - 7 Years :

4:00-5:00PM // MW // 5WKS // 11/9 // \$20

29111-C : Advanced, 8 - 15 Years

5:00-6:00PM // MW // 5WKS // 11/9 // \$20

## Olympic Sport of Judo

6 - 12 Years

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class with new students starting on the first Monday of the month.

*Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)*

23900-C : August

6:00-7:00PM // MW // 4WKS // 8/3 // \$40

28900-A : September

6:00-7:00PM // MW // 4WKS // 9/2 // \$40

28900-B : October

6:00-7:00PM // MW // 4WKS // 10/5 // \$40

28900-C : November

6:00-7:00PM // MW // 4WKS // 11/2 // \$40

28900-D : December

6:00-7:00PM // MW // 4WKS // 12/7 // \$40



Youth Programs



Yes, I Can Draw!

5 - 12 Years // Supply list

Yes, you can draw! You will learn how to draw using drawing pencils, colors and paper.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28118-A

4:30-5:20PM // T // 8WKS // 9/8 // \$30

HOLIDAY

29118-A

4:30-5:20PM // T // 5WKS // 11/10 // \$19

One-Time Youth Classes

Harvest Candy Fun

6 - 12 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28999-A

11:00-1:00PM // S // 1DAY // 10/17 // \$15

Christmas Candy Fun

6 - 12 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

HOLIDAY

29999-A

11:00-1:00PM // S // 1DAY // 12/5 // \$15

Sewing Club

7 - 12 Years // Supply fee \$25, and includes all supplies except for scissors

We will learn basic sewing techniques by hand and by machines. We will also learn how to select and sew by using a pattern.

*Instructor: Dottie Nicholson*

FALL

28420-A

4:15-5:30PM // T // 8WKS // 9/8 // \$36

HOLIDAY

29420-A

4:15-5:30PM // T // 5WKS // 11/10 // \$22

Soccer Skills

7 - 12 Years // Tennis shoes required

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills.

*Instructor: Keely Castillo*

FALL

28500-A

6:00-6:30PM // W // 8WKS // 9/9 // \$28

HOLIDAY

29500-A

6:00-6:30PM // W // 5WKS // 11/11 // \$18

Tap II

5 - 8 Years // Tap shoes required. Must have completed 2 sessions of Ballet and Tap I.

Have you taken Ballet & Tap I, and are you ready to learn more? Here is your chance to take your skills to the next level, focusing on Tap.

*Instructor: Sherri Longino*

FALL

28165-A

10:50-11:20AM // S // 8WKS // 9/12 // \$28

HOLIDAY

29165-A

10:50-11:20AM // S // 5WKS // 11/14 // \$18

Water Coloring

5 - 12 Years // Supply fee \$10

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

FALL

28090-A

5:20-6:15PM // T // 8WKS // 9/8 // \$30

HOLIDAY

29090-A

5:20-6:15PM // T // 5WKS // 11/10 // \$19

Adult Programs



### Belly Dance – Step 1 I.T.S. Foundations

Adults and Mature Teens 13+

Whether you have been dancing all your life and have taken other belly dance classes, or are just starting out in dance, this class is for you! In this class you will learn the basics of the Improv Tribal Style belly dance (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength-building and drills for muscle memory. Geared toward the new student but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types and ages.

Instructor: Tiffany Skalberg

FALL  
48200-A  
7:00-8:00PM // T // 8WKS // 9/8 // \$56

HOLIDAY  
49200-A  
7:00-8:00PM // T // 5WKS // 11/10 // \$35

### Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Foundations class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. *This class is best used in combination with Step 1 ITS Foundations as there is no breakdown of the foundation steps. Please complete at least one session of Step 1 before registering for Step 2.*

Instructor: Tiffany Skalberg

FALL  
48224-A  
8:00-9:00PM // T // 8WKS // 9/8 // \$56

HOLIDAY  
49224-A  
8:00-9:00PM // T // 5WKS // 11/10 // \$35

### Belly Dance – Step 3 Take It to the Stage

Adults and Mature Teens 13+

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS vocabulary and making it show-worthy by adding props, staging and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills. *Please complete at least one session of Step 1 and 2 before registering for Step 3.*

Instructor: Tiffany Skalberg

FALL  
48222-A  
9:00-9:45PM // T // 8WKS // 9/8 // \$40

HOLIDAY  
49222-A  
9:00-9:45PM // T // 5WKS // 11/10 // \$25

Adult Programs



### Belly Dance - Tribal Evolution

This class covers the unique Improv Tribal Style of Tribal Evolution Belly Dance Company. This class is a professional performance-level class that will teach you to include props, musical interpretation, musician interaction, staging and show layout.

*Instructor approval required.*

*Instructor: Tiffany Skalberg*

**FALL**  
**48226-A**  
 7:30-9:00PM // TH // 8WKS // 9/10 // \$46

**HOLIDAY**  
**49226-A**  
 7:30-9:00PM // TH // 5WKS // 11/12 // \$28

### Boot Camp

13+ Years

Today's the day to achieve the goal you have been putting off. Come early and then have the whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

*Instructor: Behka Hartmann (Certified Fitness Instructor)*

**43420-C** : August  
 6:35-7:30AM // MW // 4WKS // 8/3 // \$25  
**48420-A** : September  
 6:35-7:30AM // MW // 4WKS // 9/2 // \$25  
**48420-B** : October  
 6:35-7:30AM // MW // 4WKS // 10/5 // \$25  
**48420-C** : November  
 6:35-7:30AM // MW // 4WKS // 11/2 // \$25  
**48420-D** : December  
 6:35-7:30AM // MW // 4WKS // 12/2 // \$25

### Brush and Palette

Supply List

Express your talent through the art of oil painting! Basic strokes, color mixing and application will be covered.

*Instructor: Elaine Roosz*

**FALL**  
**48110-A**  
 6:30-9:00PM // T // 8WKS // 9/8 // \$50

**HOLIDAY**  
**49110-A**  
 6:30-9:00PM // T // 5WKS // 11/10 // \$31

## Adult Programs



### Cardio & Tone Boot Camp

Are you struggling to find the time to fit in your cardio and strength/toning goals? Join this boot camp/circuit class to improve your cardiovascular health and muscle tone.

*Instructor: Angela Pond (Certified Personal Trainer)*

FALL  
48005-A  
6:45-7:30PM // TH // 8WKS // 9/10 // \$32

HOLIDAY  
49005-A  
6:45-7:30PM // TH // 5WKS // 11/12 // \$20

### Cycle Circuit

**Bring Water, Towel and Determination!**

Want to crank up your workout, metabolism and energy? Come join us for a blend of cycle and circuit training, perfect for fitness at any level.

*Instructor: Angela Pond (Certified Personal Trainer)*

FALL  
48300-A  
5:45-6:35PM // T // 8WKS // 9/8 // \$30

HOLIDAY  
49300-A  
5:45-6:35PM // T // 5WKS // 11/10 // \$19

### Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

*Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)*

### Flow and Strength

Come challenge yourself to grow in flexibility, strength and calmness using yoga and pilates influenced movement to improve your health.

*Instructor: Esther White (MS, RD, LD)*

FALL  
48060-A  
12:10-12:50PM // MW // 8WKS // 9/9 // \$36

HOLIDAY  
49060-A  
12:10-12:50PM // MW // 5WKS // 11/9 // \$23

## Tri City Promenaders

Did you know that the Tri City Promenaders offers square dance lessons at Brookside Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email [tricitypromenaders@gmail.com](mailto:tricitypromenaders@gmail.com) for more information.

### Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

*Instructor: Karen Cowley*

FALL  
48010-A  
8:30-9:15AM // MTThF // 8WKS // 9/8 // \$30

HOLIDAY  
49010-A  
8:30-9:15AM // MTThF // 5WKS // 11/9 // \$19

## Adult Programs

### Guitar

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. We will learn songs using finger-picking, flat-picking and classical techniques. (Guitar is required.)

*Instructor: Jan Ryberg*

#### FALL

48888-A: Beginner

5:15-6:00PM // M // 8WKS // 9/14 // \$70

48888-B: Intermediate

6:00-6:45PM // M // 8WKS // 9/14 // \$44

#### HOLIDAY

49888-A: Beginner

5:15-6:00PM // M // 5WKS // 11/9 // \$70

49888-B: Intermediate

6:00-6:45PM // M // 5WKS // 11/9 // \$44

### Hatha Yoga

Don't Eat 2 Hours Prior // Yoga Mat

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility and balance and tone your body. Discover the technique of breath control, centering and meditation.

*Instructor: Behka Hartmann, Certified Personal Trainer/Fitness Instructor*

#### FALL

48100-A

10:15-11:10AM // M // 8WKS // 9/14 // \$32

48100-B

10:15-11:10AM // F // 8WKS // 9/11 // \$32

#### HOLIDAY

49100-A

10:15-11:10AM // M // 5WKS // 11/9 // \$20

49100-B

10:15-11:10AM // F // 5WKS // 11/13 // \$20

### Hurst Hustlers Running Club

Come join runners, joggers and walkers of all levels for a challenging workout using hills, speed work, distance and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

*Instructor: Esther White (MS, RD, LD)*

#### FALL

48001-A

6:15-7:15PM // M // 8WKS // 9/14 // \$30

#### HOLIDAY

49001-A

6:15-7:15PM // M // 5WKS // 11/9 // \$19

### ITF Taekwon-Do

ITF Taekwon-Do is the only original and traditional Korean Taekwon-Do in DFW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self-esteem and concentration.

*Instructors: : Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh)*

#### FALL

28700-A : White and Yellow Belts

9:05-10:05AM // S // 8WKS // 9/12 // \$46

28700-B : Advanced Belts

10:05-11:05AM // S // 8WKS // 9/12 // \$46

#### HOLIDAY

29700-A : White and Yellow Belts

9:05-10:05AM // S // 5WKS // 11/14 // \$29

29700-B : Advanced Belts

10:05-11:05AM // S // 5WKS // 11/14 // \$29

### Mix-It-Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of cardio and strength work and keep the class fun, interesting and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

*Instructor: Behka Hartmann (Certified Fitness Instructor)*

#### FALL

48040-A

9:15-10:10AM // MWF // 8WKS // 9/9 // \$45

#### HOLIDAY

49040-A

9:15-10:10AM // MWF // 5WKS // 11/9 // \$28

### Nutrition Counseling

One-Hour Session \$55 // Three Sessions \$130

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need, including expertise in weight loss and weight management, disease management, sports nutrition, eating disorders and general wellness. Sessions are set by appointment.

*Instructor: Esther White (MS, RD, LD)*

## Adult Programs

### Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 11-time National medal winner. Judo will not only increase your fitness level but will also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class. New students start the first Monday of the month.

*Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)*

43800-C : August

7:00-8:30PM // MW // 4WKS // 8/3 // \$40

48800-A : September

7:00-8:30PM // MW // 4WKS // 9/2 // \$40

48800-B : October

7:00-8:30PM // MW // 4WKS // 10/5 // \$40

48800-C : November

7:00-8:30PM // MW // 4WKS // 11/2 // \$40

48800-D : December

7:00-8:30PM // MW // 4WKS // 12/2 // \$40



### Personal Training

One-Hour Session \$41 // Five Sessions \$172

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. Sessions are set by appointment.

*Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)*

### Resting Metabolic Rate Test

By Appointment Only // Test Fee \$60

Are you wondering how many calories your body is actually burning? The resting metabolic rate test is a scientific test that determines how many calories your body needs at rest. The test is specific to your body and its unique needs. Knowing your resting metabolic rate can help you fine-tune your eating patterns so you can finally lose unwanted pounds or put on lean muscle mass.

*Instructor: Angela Pond (Certified Personal Trainer)*

### Scaravelli Yoga

Bring Blanket and Yoga Mat

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax.

*Instructors: Julie Vela (Certified and Registered with Yoga Alliance)*

FALL

48100-C

8:15-9:15PM // W // 8WKS // 9/9 // \$32

HOLIDAY

49100-C

8:15-9:15PM // W // 5WKS // 11/11 // \$20

### Scaravelli Yoga – Intermediate

Bring Blanket and Yoga Mat

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses.

*Instructors: Julie Vela (Certified and Registered with Yoga Alliance)*

FALL

48100-D

7:00-7:55PM // W // 8WKS // 9/9 // \$32

HOLIDAY

49100-D

7:00-7:55PM // W // 5WKS // 11/11 // \$20

### Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

*Instructor: Esther White (MS, RD, LD)*

FALL

48015-A

6:35-7:25AM // TTh // 8WKS // 9/8 // \$32

48015-B

12:10-12:50PM // TTh // 8WKS // 9/8 // \$32

HOLIDAY

49015-A

6:35-7:25AM // TTh // 5WKS // 11/10 // \$20

49015-B

12:10-12:50PM // TTh // 5WKS // 11/10 // \$20

## Adult Programs

### Spin and Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

*Instructor: Angela Pond (Certified Personal Trainer)*

**FALL**

48444-A

9:00-9:45AM // T // 8WKS // 9/8 // \$36

48444-B

5:30-6:15PM // TH // 8WKS // 9/10 // \$36

**HOLIDAY**

49444-A

9:00-9:45AM // T // 5WKS // 11/10 // \$22

49444-B

5:30-6:15PM // TH // 5WKS // 11/12 // \$22



### Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

*Instructor: David Roark*

43070-C : August

7:00-8:30PM // W // 4WKS // 8/5 // \$30

9:05-11:00AM // S // 4WKS

48070-A : September

7:00-8:30PM // W // 4WKS // 9/2 // \$30

9:05-11:00AM // S // 4WKS

48070-B : October

7:00-8:30PM // W // 4WKS // 10/3 // \$30

9:05-11:00AM // S // 4WKS

48070-C : November

7:00-8:30PM // W // 4WKS // 11/4 // \$30

9:05-11:00AM // S // 4WKS

48070-D : December

7:00-8:30PM // W // 4WKS // 12/2 // \$30

9:05-11:00AM // S // 4WKS

### The Power Package

**By Appointment Only // Four Sessions \$145**

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes two sessions focused on nutrition with a customized diet plan and two sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for four sessions. All evaluations are done by appointment.

*Instructors: Esther White (MS, RD, LD) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)*

### Zumba

**13+ Years**

This class can only be described as FUN! If you want to party, laugh and have a great time while you lose those unwanted inches, come and join us in this Latin inspired, easy-to-follow, calorie burning, dance fitness party. Feel the music and let loose. Every day of class is a whole new set of dancing and fun.

*Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)*

**FALL**

48065-A

6:00-6:55PM // MW // 8WKS // 9/9 // \$45

**HOLIDAY**

49065-A

6:00-6:55PM // MW // 5WKS // 11/9 // \$28

### Zumba Gold Toning

Come learn the basic techniques of Zumba in this energizing fitness class by getting your groove on! This is a great way for all ages to get started in Zumba, even if you need a lower intensity. We'll use the musical, maraca-sounding toning sticks to bump up the workout by adding resistance. It's great for the mind, body and soul!

*Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)*

**FALL**

48050-A

7:30-8:25AM // TTh // 8WKS // 9/8 // \$40

**HOLIDAY**

49050-A

7:30-8:25AM // TTh // 5WKS // 11/10 // \$25

## « CLASS REGISTRATION

### Registration Policy

Walk-in registration, beginning on **Monday, August 10 at 7:00 a.m.**, is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless, whose mail is delivered to a Hurst "address", are not eligible to register until August 17 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Nonresidents will be able to register beginning on **Monday, August 17**. Out of fairness to all citizens of our community, you may only register the members of your household.

### Classes begin the week of September 7

(unless otherwise indicated)

### Sign Up To Register Online

That's right – you can save time and register your entire family online! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst water bill, Hurst property tax statement or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our online registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or for working out. Then you will be ready to register online the day registration starts!

### Help Us Help You! PLEASE ENROLL EARLY!

Help us keep your favorite classes around by enrolling early. There is a point when a course must be cancelled due to low enrollment. Help us prevent course cancellations by registering early!

### Walk-In Registration Times

**Monday-Thursday: 7:00AM-9:00PM**

**Friday: 7:00AM-5:00PM**

**Saturday: 9:30AM-5:00PM**

**Sunday: 1:30PM-5:00PM**

### Confirmations

When you register by mail or fax, you will receive a confirmation notice through the postal mail. You will be notified of the designated classes that are not available. If the class is not available, you may select a second choice. If you register online, you may print a copy of your receipt.

### Refund Policy

**Recreation Classes:** We depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend class, we will gladly refund your fee with 72 hours notice prior to the class start date.

### Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels classes for the day.

### Supply Lists

Some of our classes require a supply list. These classes are noted in this magazine. You will receive a supply list when you register. For mailed registrations, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**



# CLASS REGISTRATION FORM

HEAD OF HOUSEHOLD \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_ CITY \_\_\_\_\_ STATE / ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

PARTICIPANT'S NAME	DOB	GENDER	CLASS #	CLASS FEE	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
				Subtotal	\$

<b>GRAND TOTAL</b>	Non-Resident Fee of \$2 per class	_____ x \$2	= \$ _____	+ Subtotal \$ _____ =	Total Due \$ _____
		# OF CLASSES			

## PAYMENT METHOD

CHECK       CREDIT CARD       CASH

CHECK NUMBER: \_\_\_\_\_      CARD TYPE:  Visa    MasterCard    Discover    American Express      MAIL TO: Hurst Parks and Recreation  
Class Registration  
700 Mary Drive, Hurst, TX 76053

MAKE CHECKS PAYABLE TO: City of Hurst      CARD NUMBER: \_\_\_\_\_  
EXPIRATION DATE: \_\_\_\_ / \_\_\_\_

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from an injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED, AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection benefits for those who use the recreational equipment or engage in activities on City Premises.

BY SIGNING THE RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_

**Youth Sports Associations**

**Tri-Cities Baseball  
and Girl's Softball Association**  
TCBA 817-285-0200  
www.tcbaseball.com

**MidCities Basketball Association**  
MCBA 817-354-6208  
www.midcitiesbasketball.org

**Hurst United Soccer Association**  
HUSA 817-504-7479  
www.hurstunited.com

**MidCities PeeWee Football &  
Cheerleading Association**  
817-282-2390  
www.midcitiespeeweefootball.org



**Adult Sports Registration Information**

Teams may register in person at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Hours are Monday, Wednesday and Friday from 8:00 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m. For more information, please call 817-788-7320. Registration information and rules are located online at [www.teamsideline.com/hurst](http://www.teamsideline.com/hurst).



**Softball**

*Fall League Registration*

**Returning Team Registration: August 3-4**  
*Teams that played in Hurst in 2014 and 2015*

**Open Registration: August 5-28**  
*Registration and/or start dates may be adjusted to accommodate weather related delays*

**Entry Fee: \$310 for a 8-game season**  
*with no City Playoffs*

**League Schedules:** Available September 2, 4:00PM

**League Begins:** Tuesday, September 8  
*\*no games on September 7 due to Labor Day*

**League Nights:**  
Monday – Men's & Women's  
Tuesday – Men's & Co-ed  
Wednesday – Men's & Co-ed  
Thursday – Men's & Co-ed  
Friday – Men's Church, Men's & Co-ed

**Basketball**

*Fall League Registration*

**Returning Team Registration: August 17-18**  
*Teams that played in Hurst in 2014 and 2015*

**Open Registration: August 19-28**

**Entry Fee: \$275 for a 7-game season**  
*With playoffs for teams that qualify*

**League Schedules:** Available September 2, 4:00PM

**League Begins:** Tuesday, September 8

**League Nights:**  
Tuesday – Men's  
Thursday – Men's

## Healthy Hurst Wellness Program

Healthy Hurst is the City of Hurst's community-wide wellness initiative. Healthy Hurst is a FREE program, open to all Hurst residents as well as non-residents who are current members of the Hurst Recreation Center. All participants receive a Healthy Hurst t-shirt at the time of registration and are encouraged to register for the various FREE events that will be offered throughout the year.

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health located on the City of Hurst's Healthy Hurst webpage. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.

## Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for Walktober! To participate, simply register for this FREE Healthy Hurst event at the Hurst Recreation Center. Keep track of the number of days that you walk during the month of October and qualify for incentives based on your level of participation. For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.

## Coming January 2016

The Healthy Hurst Lose the LB's Fitness Challenge will start on January 2, 2016. Keep your eyes open for more information as the date for this event approaches.

## Mission Statement

*The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage lifelong learning, fitness and fun.*

## Parks and Recreation Board

Chairman:  
Alan Neace

Vice Chair:  
Rod Robertson

Carol Cole

Karen Spencer

Delbert Derrett

Bob Walker

Ralph Hurd

Pat King

## Recreation Staff

Recreation Director:  
Chris Watson

Recreation Attendants:  
Marissa Benson  
Mikayla Birdsong

Recreation Managers:  
Kim Mesa  
Amy Sisler  
Kristie Weaver

Dakota Ford  
Rudy Garcia  
Vickie Gill  
Luke Grimsley  
Michael Kearney  
Matt Mendez  
Shana Sanders  
Emily Stacey  
Cheryl Thompson

Recreation Supervisor:  
Mary Singleton

Senior Secretary:  
Paige Lutz

Recreation Receptionists:  
Melanie Cox  
Susan Derr

Facility Maintenance:  
Judy Arellano

Recreation Specialist:  
Lauren Ferguson  
Aujehl Messier



## Family Campfire Camp-Out

Friday, October 16, 2015 // Chisholm Park, 2200 Norwood Drive, pond area

Campsite selection and set-up: 5:00-6:30PM

Dinner served: 6:30PM

Campsite clean up: Completed by Saturday, October 17 at 9:00AM

Bring the family for this new Hurst special event, Family Campfire Camp-Out at Chisholm Park! After you select and set up your campsite, we'll have a traditional chuckwagon dinner, fishing (TPWD will stock the pond on 10/16), campfire songs, homemade ice cream and a cowboy breakfast cooked over the campfire in the morning.

\$25 per campsite for a maximum of 5 people per site (one adult over the age of 21 must be present throughout the entire event). Registration begins on September 21 at the Hurst Recreation Administrative Office at the Recreation Center. The event is limited to the first 200 campers or 50 campsites, whichever comes first. For more information, call 817-788-7320.

## Catfish Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with catfish during the following weeks: 9/4, 9/18, 10/2, 10/16 and 10/30. Please check the TPWD website, Neighborhood Fishin' at [www.neighborhoodfishin.org](http://www.neighborhoodfishin.org).

## 37th John Butler Memorial Senior Citizens Banquet

Saturday, December 12, 2015 // 5:00-7:00PM  
Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 12. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household.

FREE! For more information, call 817-788-7320.





## Christmas Tree Lighting & Santa's Workshop

Tuesday, December 1, 2015 // 5:00-9:00PM  
Hurst Conference Center

- 3-lane Snow Tubing Hill and Kiddie Hill
  - Rudolph's Reindeer Game Area
  - Santa's Workshop, including visits with Santa and Ms. Claus, hands on crafts and toy drive drop off
  - Santa's Christmas Marketplace, where you can purchase ornaments and holiday décor
  - Strolling entertainment and costumed characters
  - Reindeer display
  - Ride the shuttle from TCC to the HCC
  - Children's craft area
  - Pony carousel
  - Face painting
  - Music
  - Food Court featuring Hurst restaurants (food and beverages for purchase)
- FREE! For more information, call 817-788-7320

## Santa's Mailbox

December 1-13, 2015  
6:00-8:00PM // Heritage Village Plaza,  
837 W. Pipeline Road

Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 1-13. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library and Hurst City Hall.

FREE! For more information, call 817-788-7320.

**Fall/Winter  
Operating Hours**

*(beginning November 9, 2015)*

**Monday-Thursday: 8:00AM-9:00PM**

**Friday: 8:00AM-6:00PM**

**Saturday & Sunday: 9:00AM-6:00PM**

**Hurst Tennis Center**

701 Mary Drive, Hurst, TX

817-788-7330

**Hurst Tennis Center Staff**

*Tennis Attendants:*

**Cameron Bodily, USPTA**  
**Nick Van Handel**  
**Whitney Hobson**  
**Taylor Jackson**  
**Jackson Shults**

*Tennis Instructors:*

**Cameron Bodily, USPTA**  
**John Schildt**  
**Michael Seybold, USPTA**  
**Greg Smith**

*Tennis Center Coordinator:*

**Austin Wynne, USPTA**

*Tennis Specialist:*

**Kelly Langdon, USPTA**

**Upcoming Tournaments**

**Fall Mid-Cities Junior Circuit**  
TBA

**USTA Adult Open Tournament**  
September 18-20



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA adult leagues

**How About A Private Lesson?**

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

*Lessons with City of Hurst Tennis Specialist, Kelly Langdon, USPTA, or Tennis Center Coordinator, Austin Wynne, USPTA.*

- \$30 Per Half Hour
- \$52 Per Hour
- \$184 For Series Of 4 Lessons

*Lessons with Tennis Instructors: Sam Elliott, USPTA, Greg Smith, Jason Brown, USPTA, Austin Wynne, USPTA, John Schildt, and Bryan Combest, USPTA.*

- \$26 Per Half Hour
- \$50 Per Hour
- \$180 For Series Of 4 Lessons

The Tennis Center Staff also offers group lessons: \$90 for 1½ hour and \$60 for 1-hour group lessons for league teams.

**Racquet Stringing**

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

## Youth

### Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

An Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructors: Michael Seybold, USPTA and Staff

#### MONDAY CLASSES

88700-A  
5:00-5:30PM // M // 4WKS // 8/31 // \$28  
88700-B  
5:00-5:30PM // M // 4WKS // 10/5 // \$28  
88700-C  
5:00-5:30PM // M // 4WKS // 11/2 // \$28

#### WEDNESDAY CLASSES

88700-D  
5:00-5:30PM // W // 4WKS // 9/9 // \$28  
88700-E  
5:00-5:30PM // W // 4WKS // 10/7 // \$28  
88700-F  
5:00-5:30PM // W // 4WKS // 11/4 // \$28

### Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

A fun camp for beginners. Learn the forehand, backhand and volleys. Kids will play plenty of fun games.

Instructors: Michael Seybold, USPTA and Staff

#### MONDAY CLASSES

88503-A  
5:30-7:00PM // M // 4WKS // 8/31 // \$72  
88503-B  
5:30-7:00PM // M // 4WKS // 10/5 // \$72  
88503-C  
5:30-7:00PM // M // 4WKS // 11/2 // \$72

#### WEDNESDAY CLASSES

88503-D  
5:30-7:00PM // W // 4WKS // 9/9 // \$72  
88503-E  
5:30-7:00PM // W // 4WKS // 10/7 // \$72  
88503-F  
5:30-7:00PM // W // 4WKS // 11/4 // \$72

### Advanced Beginner/Intermediate Junior Tennis

7+ Years // 1 Can of Unopened Balls

For players who have had prior instruction & are looking to improve their overall game. Singles and doubles techniques and tactics

Instructors: Michael Seybold, USPTA and Staff

88507-A  
5:30-7:00PM // TH // 4WKS // 9/10 // \$72  
88507-B  
5:30-7:00PM // TH // 4WKS // 10/8 // \$72  
88507-C  
5:30-7:00PM // TH // 4WKS // 11/5 // \$72

## Adult

### Adult Beginner/ Advanced Beginner Clinic

1 Can of Unopened Balls

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

Instructors: Austin Wynne, USPTA, and Staff

88505-A  
7:00-8:30PM // W // 4WKS // 9/2 // \$72  
88505-B  
7:00-8:30PM // W // 4WKS // 10/7 // \$72  
88505-C  
7:00-8:30PM // W // 4WKS // 11/4 // \$72

### Adult Intermediate Clinic

1 Can of Unopened Balls

This class is for adults who want to build on existing skills. You will practice all shots and learn techniques and tactics. Bring one can of new, unopened balls to first class.

Instructors: Austin Wynne, USPTA, and Staff

88506-A  
7:00-8:30PM // W // 4WKS // 9/2 // \$72  
88506-B  
7:00-8:30PM // W // 4WKS // 10/7 // \$72  
88506-C  
7:00-8:30PM // W // 4WKS // 11/4 // \$72

### Men's 4.0 & Above Drop-In Drill

1 Can of Unopened Balls

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. *Minimum 4 players.*

Instructors: Kelly Langdon, USPTA, and Staff

7:00-8:30PM // TH // 4WKS // 9/10 // \$12

### Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

## Taking Care of City Parks

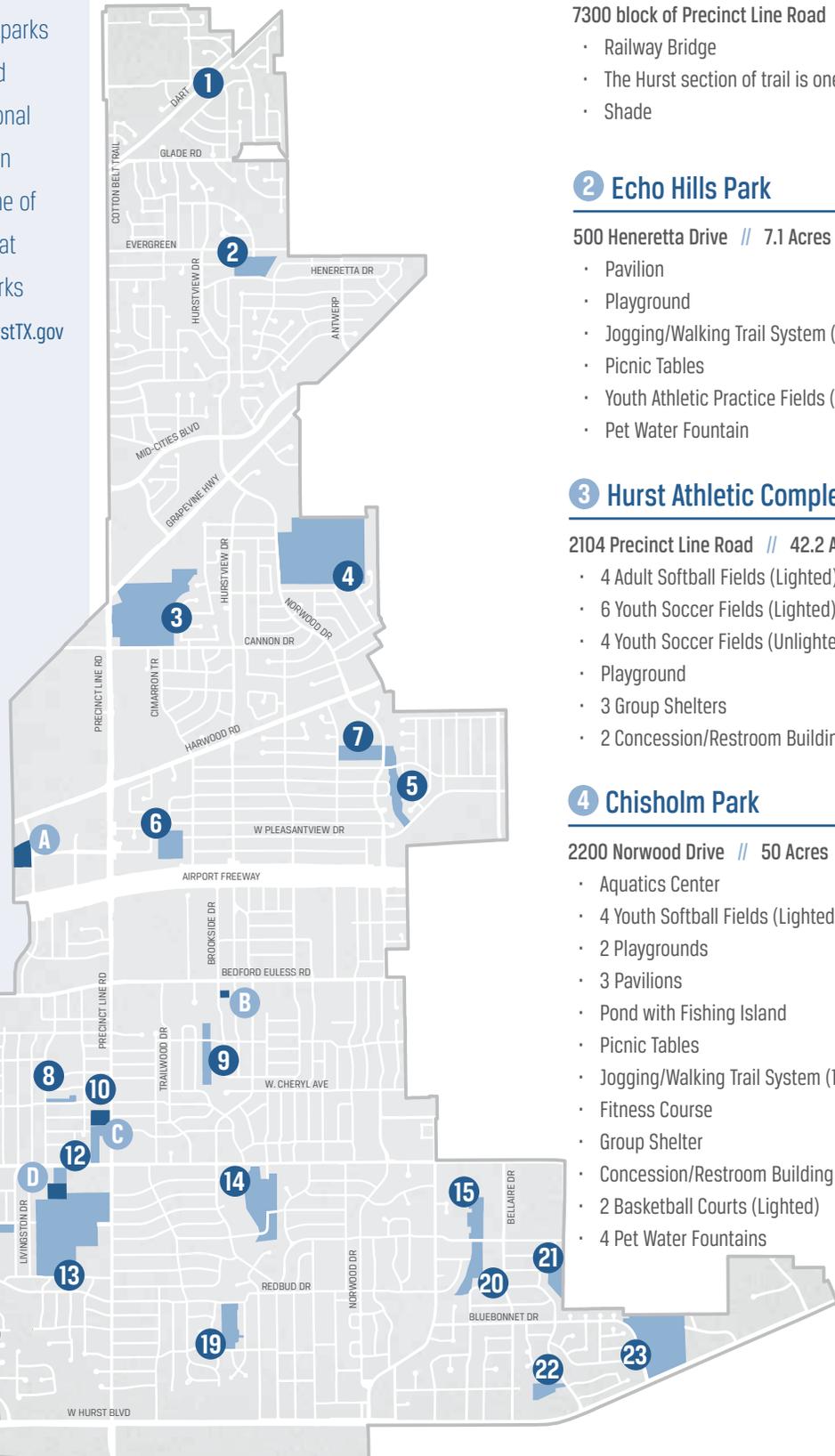
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220. [www.HurstTX.gov](http://www.HurstTX.gov)

### Facilities

- A** Hurst Conference Center
- B** Brookside Center
- C** Hurst Library
- D** Hurst Senior Center

### Park Pavilions

Pavilions are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation. For more information, call 817-788-7320.



### 1 Cotton Belt Trail

7300 block of Precinct Line Road

- Railway Bridge
- The Hurst section of trail is one mile
- Shade

### 2 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

### 3 Hurst Athletic Complex

2104 Precinct Line Road // 42.2 Acres

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

### 4 Chisholm Park

2200 Norwood Drive // 50 Acres

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

## 5 Mayfair Linear Park

1725 Norwood Drive // 8.3 Acres

## 6 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

## 7 Mayfair Park

1725 Norwood Drive // 14.4 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Youth Athletic Fields (Unlighted)
- Pet Water Fountain

## 8 Windmill Park

840 W. Cheryl Avenue // 2 Acres

- Historical Marker

## 9 Valentine Park

610 Bedford Court West // 4 Acres

- Youth Athletic Practice Field (Unlighted)

## 10 Library Park

901 Precinct Line Road

- Pavillion

## 11 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

## 12 HERITAGE VILLAGE PARK

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

## 13 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

## 14 Central Park

700 block of Mary Drive // 17.5 Acres

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

## 15 Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

## 16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

- Playground
- Picnic Tables
- Pavilion
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

## 17 Parker Cemetery

1308 Cardinal Lane

## 18 Billy Creek Park

161 Billy Creek Drive

## 19 Redbud Park

525 Redbud Drive // 7.2 Acres

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 miles)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

## 20 Bellaire Park

500 Pecan Drive // 6.4 Acres

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

## 21 Wan-Ka-Kani Park

748 Shady Lane // 4.1 Acres

- Picnic Tables

## 22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

## 23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- Playground
- 2 Pet Water Fountains



City of Hurst  
1505 Precinct Line Rd.  
Hurst, TX 76054

PRESORTED STANDARD  
U.S. POSTAGE PAID  
HURST, TX PERMIT NO. 21

## *Fall/Holiday 2015*

### RECREATION CLASS SCHEDULE

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage life-long learning, fitness and fun.

